Disciples
of Christ

FIRST CHRISTIAN CHURCH

Cookbook

B & Cheney Streets
Nickerson, Kansas 67561

Christian Womens Fellowship

of

First Christian Church
Nickerson, Kansas

1991

In loving memory of Edith Wilson and Elizabeth Hedrick, and dedicated to all First Christian Church cooks. We wish to honor our cooks who have provided the nourishment for the bereaved, the sick, the hungry; and who have worked so hard for all church fund raisers and fellowship dinners.

We wish to express thanks and appreciation to all those who by their gifts have provided recipes to make this book possible.

COOKBOOK COMMITTEE

Mary Ellen Hobbs - Chairperson
Janeil Klassen
Barbara Frisbie
Paula Hobbs - Computer work (pictures)

1990 - 1991

CWF Officers

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President - Barbara Frisbie
Vice-President - Sophia Gregg
Secretary - Maxine Hoyle

Nite CWF
President - Susan Griffith
Vice-President - Lynn Landis
Secretary - Janeil Klassen

Joint Group Treasurer - Mary Alice Hobbs

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HANDY CHART OF KITCHEN MATH WITH METRIC

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
⅓ cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 lb.	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE CONVERSION FACTORS FOR UNITS OF VOLUME

To Convert from	*To*	*Multiply by*
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft^3)	cubic meters (m^3)	0.03
cubic yards (yd^3)	cubic meters (m^3)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m^3)	cubic feet (ft^3)	35
cubic meters (m^3)	cubic yards (yd^3)	1.3

SIMPLIFIED MEASURES

dash = less than 1/8 teaspoon
3 tsp. = 1 Tbsp.
16 Tbsp. = 1 cup
1 cup = ½ pt.
2 cups = 1 pt.
2 pt. (4 c.) = 1 qt.
4 qt. (liquid) = 1 gal.
8 qt. (solid) = 1 peck
4 pecks = 1 bushel
16 oz. = 1 lb.

If you want to measure part-cups by the tablespoon, remember:

4 Tbsp. = ¼ cup
5⅓ Tbsp. = ⅓ cup
8 Tbsp. = ½ cup
10⅔ Tbsp. = ⅔ cup
12 Tbsp. = ¾ cup
14 Tbsp. = 7/8 cup

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

SUBSTITUTIONS

FOR...	YOU CAN USE...
1 tablespoon cornstarch	2 tablespoons flour OR 1½ tablespoons quick cooking tapioca
1 cup cake flour	1 cup less 2 tablespoons all-purpose flour
1 cup all-purpose flour	1 cup plus 2 tablespoons cake flour
1 square chocolate	3 tablespoons cocoa and 1 tablespoon fat
1 cup melted shortening	1 cup salad oil (may not be substituted for solid shortening)
1 cup milk	½ cup evaporated milk and ½ cup water
1 cup sour milk or buttermilk	1 tablespoon lemon juice or vinegar and enough sweet milk to measure 1 cup
1 cup heavy cream	⅔ cup milk and ⅓ cup butter
1 cup heavy cream, whipped	⅔ cup well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 tablespoons dried whole egg and 2 tablespoons water
1 teaspoon baking powder	¼ teaspoon baking soda and 1 teaspoon cream of tartar OR ¼ teaspoon baking soda and ½ cup sour milk, buttermilk or molasses; reduce other liquid ½ cup
1 cup sugar	1 cup honey; reduce other liquid ¼ cup; reduce baking temperature 25°
1 cup miniature marshmallows	About 10 large marshmallows cut-up
1 medium onion (2½ dia.)	2 tablespoons instant minced onion OR 1 teaspoon onion powder OR 2 teaspoons onion salt; reduce salt 1 teaspoon
1 garlic clove	1/8 teaspoon garlic powder OR ¼ teaspoon garlic salt; reduce salt 1/8 teaspoon
1 tablespoon fresh herbs	1 teaspoon dried herbs OR ¼ teaspoon powdered herbs OR ½ teaspoon herb salt; reduce salt ¼ teaspoon

COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough biscuits caused from insufficient mixing.

2. Dry biscuits caused from baking in too slow an oven and handling too much.

3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.

2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.

3. For a nice muffin, mix well but light and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.

2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.

3. A heavy cake means too much sugar has been used or baked too short a period.

4. A sticky crust is caused by too much sugar.

5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.

7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).

8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by overmixing flour and fat.

2. Pastry is tough caused by using too much water and over mixing dough.

3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400°-425° constant temperature.

BREADS: (YEAST)

1. Yeast bread is porous - this caused by over-rising or cooking at too low a temperature.

2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.

3. Bread does not rise - this is caused from over-kneading or from using old yeast.

4. Bread is streaked - this is caused from under-kneading and not kneading evenly.

5. Bread baked uneven - caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

OVEN TEMPERATURES

Slow	300°
Slow moderate	325°
Moderate	350°
Quick moderate	375°
Moderately hot	400°
Hot	425°
Very hot	475°

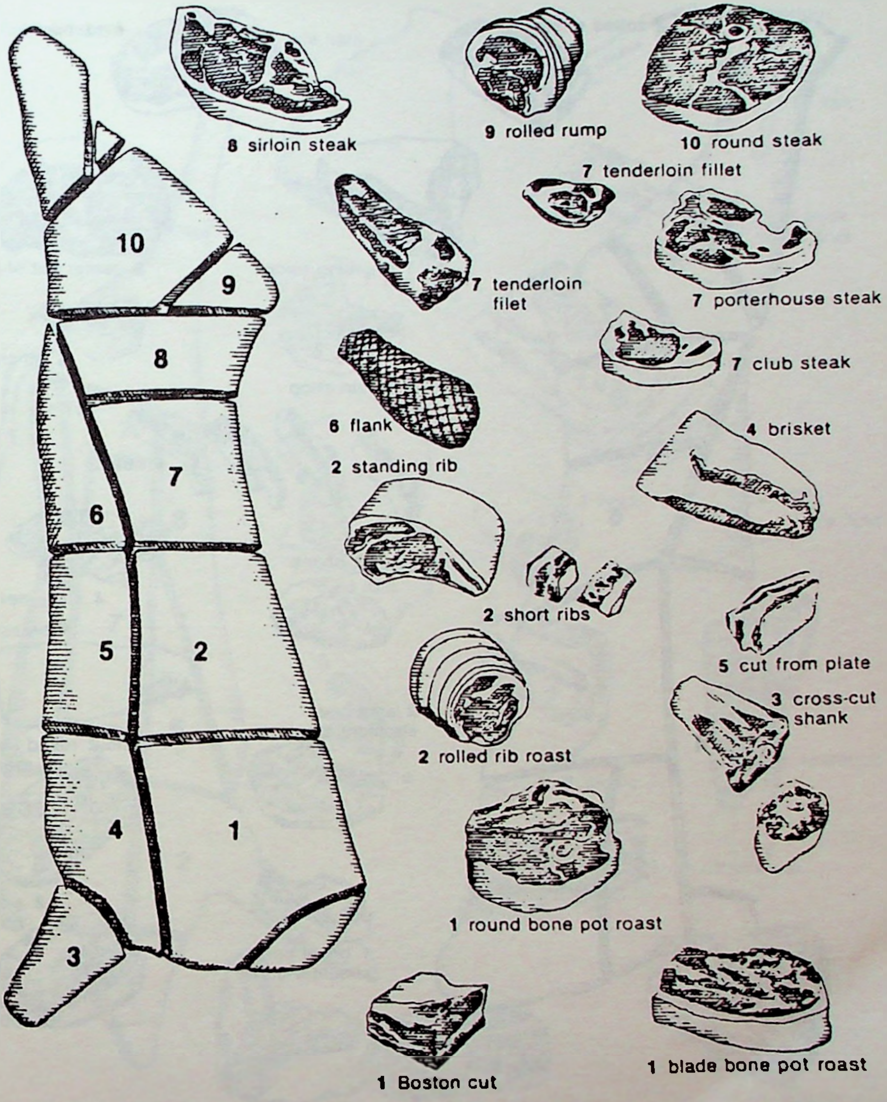
*****

DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

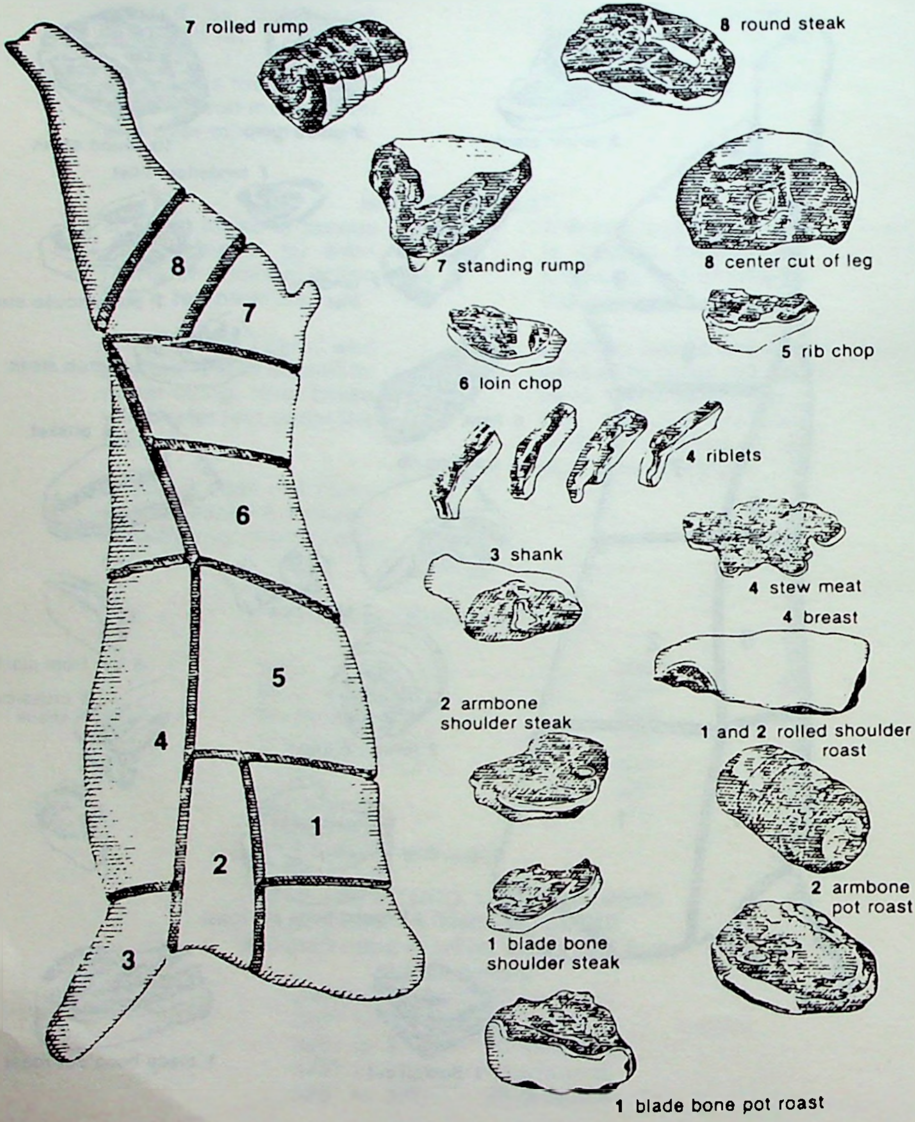
A 1-inch cube of white bread will turn golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

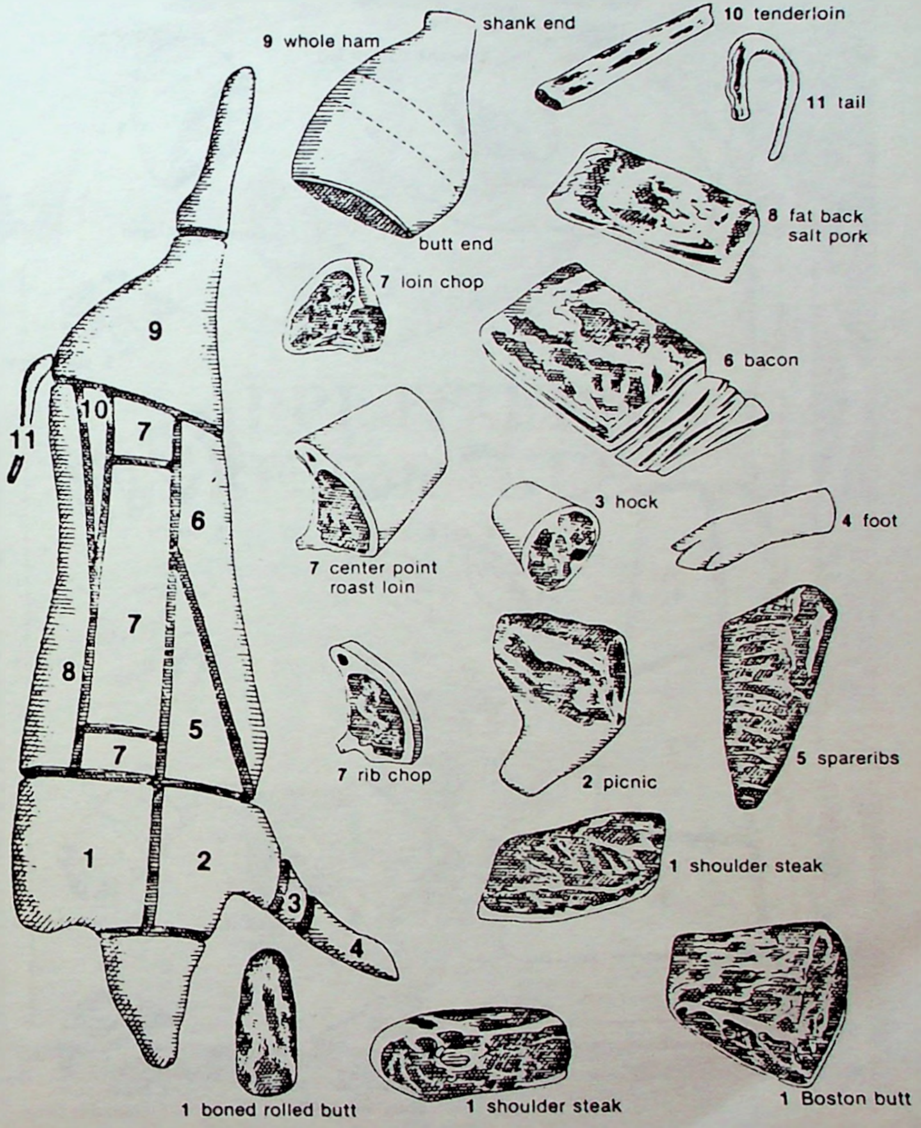
BEEF


10
9
8
7
6
5
2
4
1
3
8 sirloin steak
9 rolled rump
10 round steak
7 tenderloin fillet
7 tenderloin filet
7 porterhouse steak
7 club steak
6 flank
4 brisket
2 standing rib
2 short ribs
5 cut from plate
3 cross-cut shank
2 rolled rib roast
1 round bone pot roast
1 blade bone pot roast
1 Boston cut

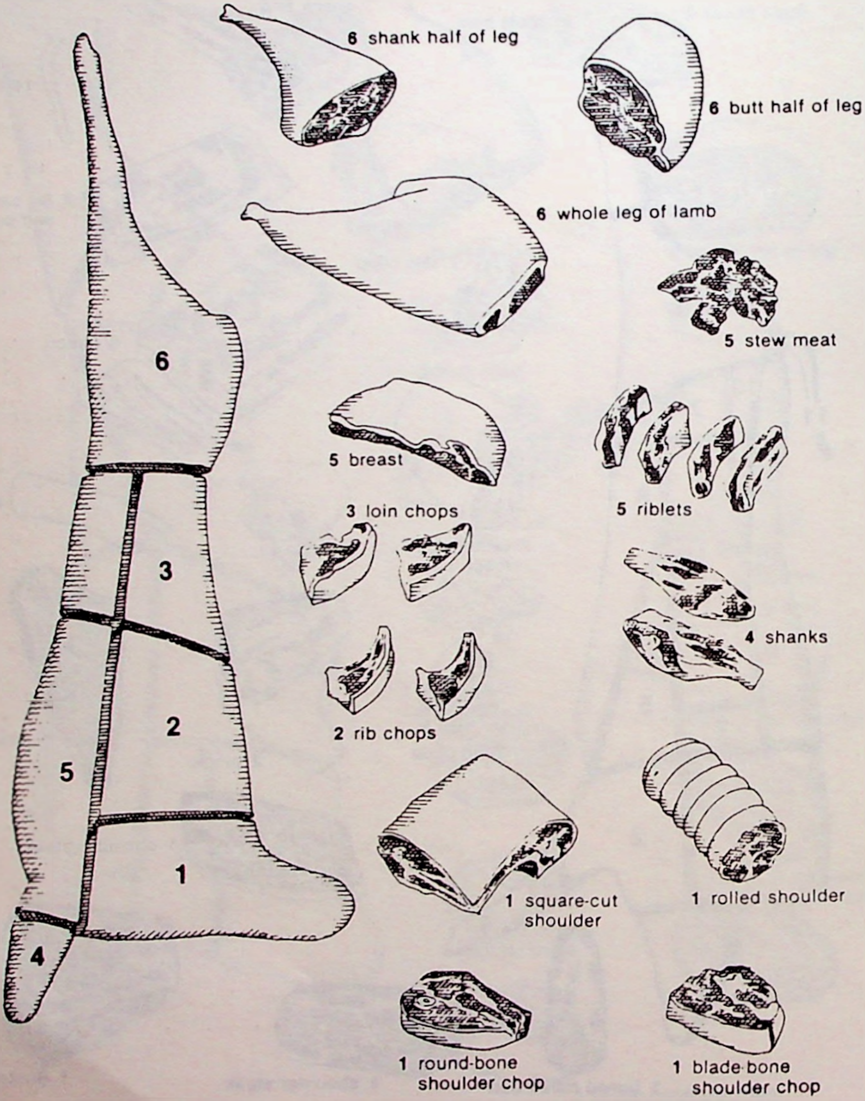
VEAL

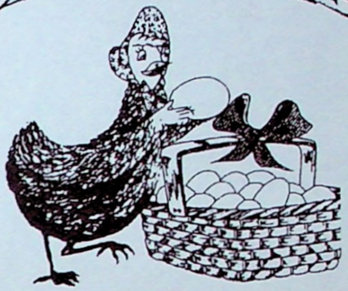

7 rolled rump
8 round steak
7 standing rump
8 center cut of leg
6 loin chop
5 rib chop
4 riblets
3 shank
4 stew meat
4 breast
2 armbone shoulder steak
1 and 2 rolled shoulder roast
1 blade bone shoulder steak
2 armbone pot roast
1 blade bone pot roast
8
7
6
5
4
1
2
3

PORK


9 whole ham
shank end
butt end
10 tenderloin
11 tail
8 fat back
salt pork
7 loin chop
6 bacon
7 center point
roast loin
3 hock
4 foot
7 rib chop
2 picnic
5 spareribs
1 shoulder steak
1 boned rolled butt
1 shoulder steak
1 Boston butt
9
10
7
11
6
7
8
5
7
1
2
3
4

LAMB


6 shank half of leg
6 butt half of leg
6 whole leg of lamb
5 stew meat
6
5 breast
5 riblets
3 loin chops
3
4 shanks
2
2 rib chops
5
1
1 square-cut shoulder
1 rolled shoulder
4
1 round-bone shoulder chop
1 blade-bone shoulder chop



APPETIZERS BEVERAGES DIPS

APPETIZERS A LA ENGLISH MUFFINS

Mary Alice Hobbs

1-8 oz. can tomato sauce
1 tsp. Beau Monde seasoning
¼ tsp. garlic powder
6 English muffins
½ lb. ground beef, browned
½ lb. Carl's sausage, browned
Sliced mushrooms
Sliced olives
Mozzarella cheese

Mix tomato sauce, seasoning and garlic powder. Microwave at HIGH POWER for 2 to 3 minutes. Spoon over muffin halves. Add desired topping and top with cheese. Microwave 2 halves at HIGH POWER for 1 to 2 minutes or until cheese is melted. Can be cut into quarters making 48 servings.

BARBEQUE BEEF SMOKIES

Jamie Arneson

1 pkg. beef smokies
1 jar Curly's barbeque sauce
1 jar picante sauce, mild

Heat ingredients until smokies are hot. Keep warm while serving.

BLACK-N-WHITE

Tricia McAllister

⅓ C. cold half and half
2 T. chocolate syrup
¾ C. no-salt soda water
2 scoops vanilla ice cream

Pour half and half into tall glass and stir in chocolate syrup. Add just enough soda water to reach about 2" below glass rim. Stir to blend. Add ice cream and serve immediately.

BURN ONE ALL THE WAY

Tricia McAllister

½ C. cold half and half
2 T. chocolate syrup
1½ T. malted milk powder
3 scoops vanilla ice cream

Using blender, combine ingredients and process for about 30 seconds or until well mixed and frothy. Pour into a tall glass and serve immediately with a straw, garnish with nutmeg.

CHEESE AND OLIVE SANDWICH

Mabel Howe

6 olives
¼ C. cheese

Grate cheese and chop olives. Mix together, add enough salad dressing to make right consistency to spread. Spread between 2 slices of buttered bread.

CHEESE BALL

JoAnn Lamb

1-8 oz. pkg. cream cheese
1 C. shredded sharp Cheddar cheese
¼ C. sour cream
¼ C. mayonnaise
1 tsp. steak sauce
1½ T. minced onions
4 T. butter or oleo

Let cheese soften, blend all ingredients until smooth. Chill overnight. Roll in chopped nuts of your choice.

CHEESE BALL

Cleo Griffith

2-8 oz. pkgs. cream cheese
½ lb. grated Cheddar cheese
1-3 oz. can deviled ham
2 tsp. grated onion
2 tsp. Worcestershire sauce
2 tsp. lemon juice
1 tsp. dry mustard
¾ tsp. paprika
1 T. chopped parsley
Finely chopped pecans

Let cheese set at room temperature until soft. Mix all ingredients together. Chill until firm enough to shape into a ball. Roll in pecans. Serve with crackers.

CHEESE BALL

JoAnn Lamb

4 oz. blue cheese
8 oz. cream cheese
8 oz. Cheddar cheese, grated
⅓ C. finely chopped onion
1 T. tamari soy sauce
½ C. chopped nuts

All cheeses should be at room temperature, stir until well blended or beat with electric mixer. Let stand in refrigerator overnight. Shape into 2 balls and roll in chopped nuts. May also be used as celery stuffing or on crackers.

CHEESE BALL

Dixie Willis McIlrath

2-8 oz. cream cheese, softened,
 not whipped
1-8 oz. can crushed pineapple,
 well drained
¼ C. fine chopped green pepper
1 T. fine chopped green onion
1 T. Lawry's seasoning salt
2 C. fine chopped pecans (½ in mix)

Mix all ingredients. Shape into ball. Roll in ½ of nuts. Can freeze.

CHEESE SANDWICH SPREAD

Mary Ellen Hobbs

2 lb. Velveeta cheese (soften until soupy)
1 jar pimentos, chopped
1 heaping T. Miracle Whip
2 T. sweet relish and little pickle juice

Mix together and refrigerate until spreading it on bread.

CHEESE-SAUSAGE BALLS

Wanda Fountain

1 lb. hot sausage, uncooked
1-10 oz. pkg. Cracker Barrel extra sharp cheese
3 C. Bisquick

Grate cheese and mix sausage and Bisquick with hands. Form balls any size or 1½". Place on cookie sheet. Bake at 325° for 15 to 20 minutes. These can be frozen and reheated.

EAT THE BOWL

Staci Landis

2 containers sour cream
1 C. REAL mayonnaise
1 C. round, crumbed sourdough French bread
3 T. parsley flakes
3 T. dill seed
3 T. onion flakes
1 lg. round sourdough bread

Blend all ingredients together (except bread) and refrigerate 4 to 8 hours before serving. Prior to serving, make a bowl of round bread. Mix 1 cup of crumbs with mixture and place inside bread and serve.

FISH BALLS

Norma Warn

2 C. dry bread crumbs
½ C. chopped onion
1 can condensed consomme
½ C. mayonnaise
2 T. poultry seasoning
¼ C. chopped parsley
2-6 oz. cans tuna
2 eggs
2 T. prepared mustard
Cornflakes, crushed

Mix all ingredients, except cornflakes. Make 1" balls and roll in crushed cornflakes. Fry in hot fat or bake in hot oven (475°) about 10 minutes in oven a minute or so in hot fat.

GARLIC CHEESE BALL

Maxine Hoyle

1½ lbs. longhorn cheese
1 to 3 petals garlic
2-3 oz. pkgs. cream cheese
1¼ C. chopped pecans

Grind cheese and garlic in meat grinder. Mix with hands and add pecans. When thoroughly mixed, shape into size of balls preferred, then roll in chili powder or parsley flakes. Cover with Saran Wrap or foil. Let set in refrigerator overnight.

GOLDEN NUGGETS

Paula Hobbs

1 whole chicken breast (about 1 lb.)
⅓ C. flour
¼ tsp. salt
1½ tsp. vinegar
¼ tsp. baking soda
⅓ C. water

Sweet and sour sauce or mustard sauce

MUSTARD SAUCE:
2 T. dry mustard
2 to 3 T. water
1 tsp. soy sauce

Remove bones and skin from chicken. Cut chicken in 1x1½" pieces. Heat oil (2 to 3" deep) in deep fryer to 360°. Mix flour and salt. Mix vinegar and baking soda. Stir vinegar mixture and water into flour mixture; beat until smooth. Dip chicken into batter, allowing excess batter to drip into bowl. Fry chicken in hot oil 4 to 5 pieces at a time, turning once, until golden brown and done, about 4 minutes. Drain. Makes 4 servings. For Mustard Sauce, mix ingredients together.

SWEET AND SOUR SAUCE:
¼ C. chili sauce
¼ C. plum or grape jelly

Heat over low heat, stirring constantly until jelly is melted.

HAM AND CHEESE APPETIZERS

Helen Wells

2 C. Bisquick
¾ C. chopped, fully cooked smoked ham
1 C. shredded Swiss or Cheddar cheese
½ C. finely chopped onion
½ C. grated Parmesan cheese

¼ C. sour cream
2 T. snipped parsley
½ tsp. salt
2 cloves garlic, crushed
⅔ C. milk
1 egg

Heat oven to 350°. Grease rectangular pan (13x9x2"). Mix all ingredients, spread in pan. Bake until golden brown, 25 to 30 minutes. Cut into rectangles, about 2x1½". Makes 36 appetizers. Best served when warm.

HARSDIEUVE'S

Wilma Sturgeon

1-8 oz. pkg. cream cheese
8 oz. sour cream
1 C. grated cheese
1 sm. can chopped black olives
1½ tsp. garlic salt
4 to 6 oz. chopped green chilies

Mix and spread on flour tortilla, roll and slightly chill overnight or freeze. Cut when unfrozen.

OYSTER CRACKERS

Sheryl McVey

1 C. Crisco oil
1 tsp. dill
½ tsp. garlic
1 pkg. Ranch salad dressing, original flavor
2-12 oz. pkgs. Vista oyster crackers

Mix well. Let stand for at least 1 hour. HINT: Mix in an angel food cake carrier with the lid on. Then every 15 minutes turn the carrier upside down. This will keep a long time, if not eaten.

PARTY MIX

Cathy Lamb

6 T. oleo
1 tsp. all seasoned salt
4 T. Worcestershire sauce
2 C. Corn Chex
2 C. Rice Chex
2 C. Wheat Chex
1½ C. mixed nuts
1 C. stick pretzels

Melt margarine in shallow pan over low heat. Stir in all seasoned salt and Worcestershire. Add Chex, pretzels and mixed nuts. Mix until all are coated. Heat in 250° oven for 45 minutes. Stir every 15 minutes. Spread out on absorbent paper to cool. Makes 7½ cups.

POTATO WEDGES

Shandy (Gardner) Davis

2 med. potatoes, each cut into 8 wedges
Vegetable oil
Seasoned salt
¾ C. dairy sour cream
⅓ C. shredded Cheddar cheese

Place potato wedges, cut side down, on rack in broiler pan. Brush with oil. Sprinkle with seasoned salt. Set oven control to broil. Boil with tops about 3" from heat until brown, about 5 minutes. Turn. Brush with oil. Sprinkle with seasoned salt. Broil until tender, about 5 minutes. Spoon sour cream onto center of large serving platter. Sprinkle with cheese.

QUARTERBACK SCRAMBLE

Sheryl McVey

½ C. butter
4 C. Corn Chex
1 C. beer nuts
¼ C. grated American cheese
1 pkg. taco mix
4 C. Wheat Chex
½ C. beef jerky, torn into bite size pieces

Mix well. Place on cookie sheet. Bake at 250° for about 2 hours. Stir every 15 minutes. Can be microwaved on HIGH POWER for 3 minutes until the cheese has melted. Stir often.

RYE BREAD TOPPING

Paula Hobbs

1 lb. lean ground beef
1 lb. Carl' sausage
8 oz. soft cheese
1 T. oregano
Dash red pepper
1 loaf party rye bread (small sliced loaf)

Brown beef and sausage. Drain well. Add cheese that has been cut into small pieces and oregano and dash of red pepper. Spread on bread. Bake at 350° until bread is browned on the bottom. Makes 40 appetizers. Freezes well. Sliced olives may be used as garnish.

SNACK CRACKERS

Arlene (Hedrick) Gnadt

1½ C. oil
2 T. dill weed
1 tsp. lemon/pepper seasoning
¼ tsp. onion powder
1 pkg. Hidden Valley salad dressing mix (original)
2-11 oz. pkgs. oyster crackers

Mix top 5 ingredients together. Pour over oyster crackers. Put on 10x15" pan. Bake at 200° for 1 hour. Stir often.

SPICY WIENER SNACKS - MICROWAVE

Cindy Hobbs

1 lb. wieners, cut in bite size pieces
1 pkg. (5/8 oz.) brown gravy mix
½ C. catsup
½ C. brown sugar
¼ C. water
1 tsp. Tabasco sauce

Mix together on HIGH for 8 to 9 minutes, stirring often so they will cook evenly. Serve with toothpicks. Great snack hot or cold. (Flavors have more time to develop if made ahead and reheated just before serving.)

SWEDISH MEATBALLS

Carol Skellenger

1 lb. ground smoked ham
½ lb. ground pork
½ lb. hamburger
2 C. bread crumbs
1 C. brown sugar
1 tsp. dry mustard
1 C. milk
½ C. water
2 eggs
½ C. vinegar

Combine sugar, vinegar, water and mustard. Stir until dissolved. Combine meat, crumbs, eggs and milk. Form into small balls and place in baking dish. Pour sugar mixture over meatballs. Baste with sugar mixture during baking. Bake at 350° for 1 to 1½ hours or until done.

TACO OLIVES

Janeil Klassen

1½ lbs. ground beef
1½ pkgs. taco seasoning
Stuffed green olives
1 jar Hickory smoked bar-b-que sauce

Mix taco seasoning into uncooked ground beef. Form meat mixture around olive to make a ¾" ball. Repeat until the meat is used up. Bake meatballs in a 350° oven for 15 minutes. Cool completely. These can be frozen until needed. Just before serving, reheat meatballs in bar-b-que sauce. Serve with cocktail sticks.

TORTILLA ROLL-UPS

Janeil Klassen

2-8 oz. blocks cream cheese
2-4 oz. cans green chilies, drained
1 sm. can chopped black olives
3 green onions with tops, chopped
Pace picante sauce to taste (use hot if you like spicy)
1 pkg. lg. flour tortillas

Combine cream cheese and picante sauce, then add remaining ingredients. Spread mixture over each flour tortilla and roll up. Put in refrigerator until cheese has hardened. Slice and serve with picante sauce (dip).

VEGGIE BARS (VEGGIE PIZZA)

Wanda Fountain

CRUST:
2-8 oz. pkgs. crescent rolls

SAUCE:
2-8 oz. pkgs. cream cheese, softened
1 C. mayonnaise
1 pkg. Hidden Valley salad mix
1 tsp. garlic salt
1 tsp. dill weed

TOPPINGS (1 to 2 cups of your choice):
Raw mushrooms
Broccoli
Chopped cauliflower
Chopped green pepper
Chopped red pepper
Onion
Grated carrots
Radishes
Chopped black olives
Grated cheese

Spread the crescent rolls on a 11x13" jellyroll pan. Pinch sides together and up the sides. Bake at 375° until lightly brown. Mix sauce together and spread over cooled crust. Arrange the raw vegetables on the top of cream cheese mixture. Can use pizza dough and pan. Use any vegetables your family likes.

ARTICHOKE DIP

Ruth Clark Scott

1 can artichoke hearts, drained
1 C. fresh grated Parmesan cheese
1 C. mayonnaise
Sprinkle of garlic salt
Paprika

Drain artichokes and place in small bowl. Add cheese, mayonnaise and salt. Place in small greased covered dish. Garnish with paprika. Bake at 350° 20 to 25 minutes. Serve with Triscuits.

DILL DIP

Helen Wells

1 C. mayonnaise
1 C. sour cream
1 tsp. Beau Monde
2 tsp. dill weed
1 T. onion flakes
1 T. chopped parsley

Mix thoroughly and refrigerate. Good with chips, but super with raw carrots, celery, etc.

FRUIT DIP

Joan Smith

1-8 oz. cream cheese
1-7 oz. marshmallow creme
½ tsp. cinnamon
½ tsp. nutmeg

Combine all ingredients. Serve with fresh fruits.

HAMBURGER CHEESE DIP

Donna Jones

1 lb. hamburger
1 lb. American cheese
1 can Rotel (tomatoes and peppers)
Onion

Brown hamburger and onion. Stir together in crock pot all ingredients and heat on low until cheese melts. Serve with chips. Keep warm in crock pot while serving.

LAYERED BEAN DIP

Joan Smith

1-31 oz. refried beans
1 envelope taco seasoning
1½ C. sour cream
3 C. shredded lettuce
1½ C. shredded cheese
Chopped tomatoes

Mix beans and seasoning, place on bottom of platter. Then spread on the sour cream, lettuce, cheese, tomatoes. Serve with taco chips.

POTATO SKIN DIP

Amy White

1 T. wine vinegar
2 T. Worcestershire sauce
1 tsp. salt
2 cubes butter (can use half margarine)
Juice of 2 lemons
2 T. soy sauce
7 to 8 dashes Tabasco sauce

Heat all ingredients in double boiler, stirring well. Do not boil. Dip cooked potato skins in this. Good for fondue and boiled shrimp also.

QUICK DIP

Helen Wells

5 oz. pimento cheese
2¼ oz. deviled ham
1 tsp. ground onion
½ C. mayonnaise

Mix and serve.

SALSA

Teresa Griffith

12 lg. tomatoes
2 or 3 onions
2 or 3 green peppers
2 cloves garlic
6 jalapeno peppers
1½ tsp. oregano
1½ tsp. cumin
1 C. vinegar

Chop vegetables. Simmer in large kettle until reduced by ⅓. Takes 3 to 4 hours.

SALSA DIP

Sharon Gregg Borth

4 tomatoes, chopped	Pinch garlic powder
3 yellow chilies or green chilies	Green onion, chopped
Pinch salt	1 can tomato sauce
Pinch pepper	

Mix all together and use it as a dip for tortilla chips.

SPICY BEEF DIP

Wanda Fountain

1 lb. ground beef	½ C. catsup
½ C. chopped onions	¾ tsp. oregano
1 clove garlic, minced	1 tsp. sugar
1 oz. tomato sauce (2 T.)	1-8 oz. cream cheese
¾ C. Parmesan cheese	

Saute meat and drain. Add the rest and simmer for 10 minutes. Serve hot with tortilla chips.

VEGETABLE DIP

Helen Wells

1 C. sour cream	1 tsp. mustard
4½ oz. can deviled ham	½ tsp. celery salt
1½ tsp. minced onion	Dash pepper

Mix and serve.

VEGGIE DUNK

Mary Alice Hobbs

1 C. plain lowfat yogurt	⅛ tsp. garlic powder
3 green onions, chopped	Dash pepper
¼ tsp dill weed	

Combine all ingredients in bowl or blender. Refrigerate several hours. Good with all raw vegetables.

BANANA DAIQUIRI (NON-ALCOHOLIC)

Louise Sherbert

1 lg. banana	8 oz. grapefruit juice
1 C. crushed ice	

Blend all ingredients at high speed in blender until frothy. Makes four 4 ounce servings.

CITRUS COCKTAIL (NON-ALCOHOLIC)

Louise Sherbert

8 oz. grapefruit juice
4 oz. orange juice
1 T. sugar
4 oz. undiluted Pet milk

Mix juices with sugar. Pour into 12 ounce glass filled with ice. Pour in evaporated milk while stirring constantly. Makes 1 serving.

COCOA

Millie Hobbs

1 C. milk, heated
1 tsp. cocoa
1 tsp. sugar
1 T. hot water
Vanilla
Pinch salt

Heat 1 cup milk over water. In another pan, combine 1 rounded teaspoon cocoa, 1 teaspoon sugar, 1 tablespoon water (hot). Cook 2 minutes or until smooth, pour in hot milk. Makes 1 cup. Improve by adding vanilla and a pinch of salt.

"CONSTANT COMMENT" PUNCH

Loyd Bailie

4 C. water
4 teabags
2-6 oz. cans frozen lemonade
2-6 oz. frozen orange juice
2 qts. ginger ale
1 jar cherries
1-12 oz. can crushed pineapple with juice
2 pts. orange sherbet

In saucepan bring water to a boil. Add teabags. Cover; steep for 5 minutes. Remove teabags; cool tea, then chill. Before serving time, combine remaining ingredients with tea into a punch bowl. Makes about 5 quarts.

FRIENDSHIP TEA MIX

Sheryl McVey

18 oz. orange instant breakfast drink mix
1 C. sugar
½ C. instant tea
2½ tsp. cinnamon
½ C. pre-sweetened lemonade
1 pkg. apricot jello
1 tsp. clove

Mix all together and store in an airtight container.

HINT: Use a blender to mix together.

FRUIT DRINKS FOR DESSERTS

Mary Alice Hobbs

1 C. strawberries
1 C. orange juice
1 banana

VARIATION:
1 C. raspberries
1 C. orange juice
1 banana

Blend fruits and juices until smooth in an electric blender. If your blender can crush ice, add ice to make a sherbet like dessert.

INSTANT INTERNATIONAL COFFEE MIX

Jeannie Yoder
Submitted by Karen Lovelock

CAFE AU LAIT (Basic mix):
⅓ C. instant coffee
½ C. powdered sugar
2 T. coffee creamer
1 C. powdered milk

Mix thoroughly. Store in tightly covered jar. To use, stir 4 to 6 rounded teaspoons into cup of hot water.
CAFE CAPPUCCINO: Add ¼ teaspoon cinnamon and ¼ teaspoon nutmeg to basic mix.
CAFE MOCHA: Add ¼ cup instant chocolate to basic mix
CAFE VIENNA: Add ¼ cup instant chocolate and ¼ teaspoon cinnamon to basic mix.

MEXICAN HOT CHOCOLATE (DIABETIC)

JoAnn Lamb

4 T. cocoa
2 T. liquid sweetener
¼ tsp. ground cinnamon
3 T. instant coffee
2 C. hot water
2 C. hot skim milk
1½ tsp. vanilla

Place cocoa, sweetener, cinnamon, coffee and ½ cup water in saucepan and cook over medium heat until all ingredients are well dissolved. Add remaining water and milk. Heat thoroughly just to boil. Remove and add vanilla extract. Serve hot.

1-8 ounce serving: 9 g chol, 4 g pro, 2 g fat, 70 calories.

ORANGE JULIUS (DIABETIC)

JoAnn Lamb

1-6 oz. can unsweetened orange juice concentrate
⅔ C. skim milk
⅔ C. water
1 tsp. vanilla
8 ice cubes
2 packets Equal

Put all ingredients in blender. Blend until thick, about 1 minute. Pour into glasses. Makes 2 cups (serving size is ⅔ cup).

78 calories, 16 mg carbo, 3 g pro, trace fat, 29 mg sodium, 1 fruit exchange.

ORANGE PUNCH

Paula Hobbs

3 pkgs. orange Kool-Aid
2 C. sugar
1 qt. pineapple juice
2 qts. water
1 qt. 7-Up

Put in freezer to make slush.

RED CHRISTMAS OR ANNIVERSARY PUNCH

Mary Ellen Hobbs

2 pkgs. strawberry Kool-Aid
2 C. sugar
3 qts. water
1-6 oz. can frozen orange juice
1-6 oz. can frozen lemonade
1 can Hawaiian Punch
1 qt. ginger ale

Strain lemonade and orange juice. Mix all ingredients except ginger ale. Add ginger ale just before serving. Makes 1½ gallons.

YELLOW PUNCH

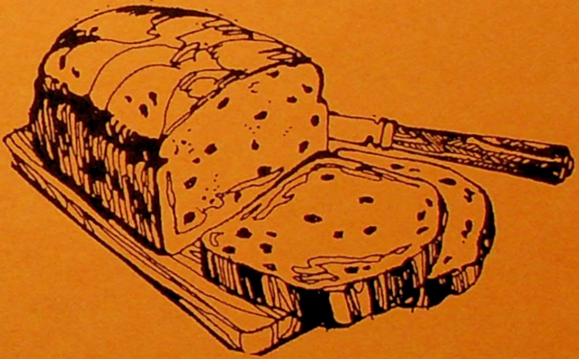
Mary Alice Hobbs

1 pkg. lemon Kool-Aid
⅔ C. sugar
1-6 oz. can frozen lemonade
1-6 oz. can frozen orange juice
1-6 oz. can frozen pineapple juice
2½ qts. water
Ice
1 qt. ginger ale

Mix Kool-Aid, sugar, juices together until dissolved. Add water. Just before serving, add ginger ale. Makes 32 servings.

Notes

BREADS



ANYTIME HONEY BRAN MUFFINS
(KANSAS WHEAT COMMISSION)

Mary Alice Hobbs

½ C. boiling water
1½ C. bran cereal
¼ C. oil
¼ C. honey
⅓ C. brown sugar
1 C. buttermilk
1 egg
1¼ C. flour
1¼ tsp. soda
½ tsp. salt

In a medium bowl, combine boiling water with bran cereal. Stir in oil, honey, brown sugar, buttermilk and egg. Set aside for bran to soften, at least 5 minutes. In a separate bowl, sift together flour, baking soda and salt. Stir softened bran mixture into flour mixture just until moistened. At this point, the mixture can be refrigerated for future use in tightly covered plastic bowl. To bake, line a microwave muffin pan or custard cups with double thickness of paper liners to absorb moisture. Fill cups ½ full. Arrange in a ring and microwave at MEDIUM POWER 3 minutes for 6 muffins, rotating after each minute, if not using a carousel. Remove muffins to wire rack immediately to cool. Use a towel to dry up any moisture that remains in dishes before baking the next batch. Makes about 2 dozen.

BANANA BREAD

Millie Hobbs

¾ C. sugar
1½ C. mashed bananas (3 lg.)
¾ C. vegetable oil
2 eggs
2 C. flour
1 tsp. baking soda
2 tsp. vanilla
½ tsp. baking powder
½ tsp. salt

Heat oven to 325°. Grease loaf pan with shortening. Mix all other ingredients and pour into pan. Bake 60 to 70 minutes. Cool 10 minutes and remove from pan.

BANANA MUFFINS

Susan Griffith

1 C. sugar
½ C. margarine
2 lg. eggs
3 lg. bananas
1 tsp. cider vinegar
2 C. flour
1 tsp. baking soda
¾ tsp. nutmeg

Cream sugar and margarine. Add eggs; beat. Add bananas and mix thoroughly. Add vinegar. Sift together the dry ingredients. Add to banana mixture. Grease two 12-cup muffin tins. Grease the pans with the margarine wrapper using the margarine remaining on the wrapper. Distribute dough evenly in each pan. Preheat the oven to 350° and bake for 20 minutes. Let cool in pans for 10 minutes. Remove and let cool. Frost or eat plain. They are delicious for breakfast or anytime. Makes 24 muffins.

BANANA NUT BREAD

Sarah Gregg

2 C. flour
½ tsp. soda
1 tsp. baking powder
½ tsp. salt
½ C. shortening
1 C. sugar (scant)
2 eggs
1 C. mashed bananas
½ C. chopped walnuts

Sift dry ingredients together; set aside. Cream shortening, sugar and eggs. Add dry ingredients and mix. Add mashed bananas and nuts; stir well. Bake in a greased loaf pan at 350° for 30 minutes or until tests done. Cool 10 minutes. Remove from pan.

BANANA NUT BREAD

Joyce (Smith) Davis

½ C. butter or margarine
½ C. white sugar
½ C. brown sugar (either light or dark)
2 eggs, beaten
2 C. flour (sifted)
1 tsp. soda
½ tsp. salt
1 C. ripe bananas, mashed
½ C. pecans or walnuts, chopped
2 T. sour cream (if not available, use 2 T. half and half mixed with 1 T. cider vinegar)

Cream together shortening and sugars; add beaten eggs and mix well. Sift together the flour, salt and soda. Add the flour mixture with the mashed bananas to the shortening, sugar and egg mixture, add the sour cream and mix well. Fold in the nutmeats. Pour into 1 large loaf pan or 2 medium loaf pans (well greased and floured). DO NOT OVERBAKE! You may ice with your favorite icing or sprinkle (while bread is still warm) with powdered sugar, or serve plain. It is delicious heated and served later. Should be stored in the refrigerator.

BANANA SOUR CREAM COFFEE CAKE

Wanda Fountain

½ C. oleo or butter
1 C. sugar
2 eggs
1 C. mashed bananas
½ C. sour cream
½ tsp. vanilla
2 C. sifted flour
1 tsp. baking powder
1 tsp. baking soda
¼ tsp. salt
½ C. chopped nuts
¼ C. sugar
½ tsp. cinnamon

Preheat oven to 350°. Grease a tube pan. In bowl, cream oleo until light. Gradually beat in sugar. Beat in eggs, one at a time. Add mashed bananas, vanilla and sour cream. Sift flour, baking powder, baking soda and salt together. Fold into creamed mixture, stirring just to blend. In another bowl combine chopped nuts, sugar and cinnamon. Sprinkle half this mixture over bottom of tube pan. Spoon in half the batter; sprinkle remaining nut mixture over batter and cover with remaining batter. Bake 45 minutes.

BEER BREAD

JoAnn Lamb

1⅔ C. self-rising flour
3 T. sugar
1-12 oz. can beer at room temperature

Mix all together and put in a 6" square or round casserole that can be put in the oven. Bake 1 hour at 350°, then butter top and put back in oven and bake 5 minutes more. Bread is best if cooled 24 hours before cutting. But be sure to take it out of the oven. Cool on wire rack where air can circulate under it or it will get soggy on the bottom. When cooled, put in plastic bag and refrigerate. This makes one loaf.

BEER ROLLS

Melba Cody Frank

3 C. Bisquick
2 T. sugar
1-12 oz. can beer

Mix together thoroughly and drop in greased muffin pans. Let rise 20 to 30 minutes. Bake at 425° until golden brown.

BEST CINNAMON ROLLS

Barb Frisbie

2½ C. lukewarm water
2 pkgs. yeast (quick rise best)
1 box yellow cake mix
1 C. all-purpose flour
3 eggs
⅓ C. oil
1 tsp. salt
5¼ C. flour
Soft margarine
Sugar
Cinnamon
Raisins and nuts, if desired

Dissolve yeast in water for about 3 minutes. Add cake mix, 1 cup flour, eggs, oil and salt. Beat with beater until bubbles appear. Slowly add 5¼ cups flour. Stir with spoon, making soft dough. Knead about 5 minutes. Let raise until double. Roll out to about ¼" thick. Spread with margarine, add sugar, and cinnamon. Roll as jellyroll and stretch-cut. Place each roll on greased pan. Allow to raise double. Bake 350° oven 20 to 30 minutes. Ice with powdered sugar icing while warm.

GLAZE:
2 C. powdered sugar
½ tsp. vanilla or maple flavoring
1 tsp. margarine
3 T. water

Mix and spread on rolls.

BIG BATCH RAISIN BRAN MUFFINS

Barbara Frisbie

15 oz. box Raisin Bran
1 qt. buttermilk
3 C. sugar
5 tsp. soda
½ C. raisins (optional)
4 eggs
1 C. melted margarine
5 C. flour
2 tsp. salt
1 tsp. vanilla

Cream eggs, sugar, margarine, add milk and vanilla. Mix dry ingredients together. Add to liquid ingredients and add raisins. Store in refrigerator until ready to bake. Can be stored 5 to 6 weeks unbaked. Bake at 400° for 15 to 20 minutes.

BREAD OR ROLLS

Luella Pennock

2 pkgs. yeast
¼ C. shortening
2 tsp. salt
2 C. warm water
1 C. sugar
1 egg
6½ C. flour

In a large bowl put yeast, water, sugar, salt, shortening and egg. Mix, then add 3 cups flour and beat well. Add additional flour and beat well. Add additional flour gradually. Put ½ cup flour on mixing board and knead the bread until smooth. Cover and put in the icebox. When you want rolls, take out the amount you need, let it rise once, then make into roll and let it rise again. Bake in 350° oven until done. Makes good cinnamon rolls also.

BREADSTICKS

Janeil Klassen

1 stick oleo, melted
1 T. cajun seasoning OR
  2 T. Italian seasoning
Sprinkle of garlic powder
1 pkg. hot dog buns

Mix together the above ingredients and brush onto split hot dog buns. Split the buns into thirds. Sprinkle with Parmesan cheese and bake 2 hours at 200 to 250°.

BROWN BREAD

Myrtle Gould

2 C. seedless raisins
2 C. water

Boil for 5 minutes; let cool.

1½ C. sugar
1 egg
1 tsp. soda
½ C. chopped nuts, optional
(chopped dates could be substituted)
½ C. shortening or oleo
4 C. flour
¾ tsp. salt

Cream shortening and sugar; add egg and beat well. Add raisins and liquid. Add sifted dry ingredients 1 cup at a time; mixing well with each addition. Add vanilla and nuts or chopped dates. Use #2 cans that have been cleaned and greased well. Flour and shake out excess flour. Fill cans half full. Bake at 350° for 45 minutes. Let cool before removing from cans.

NOTE: This makes a great gift as it mails well. Wrap in aluminum foil after completely cool. Use can for mailing container.

CARAMEL ROLLS

Dixie Willis McIlrath

2 loaves frozen bread or 1 pkg. rolls
½ C. chopped walnuts or pecans
½ C. butter or margarine
1 C. brown sugar
1 lg. or 2 sm. vanilla puddings (not instant)
2 T. milk
½ tsp. cinnamon

Thaw bread. Grease 9x13" pan. Sprinkle with nuts. Tear bread into walnut sized pieces and place in pan. Melt butter. Add sugar, pudding mix and milk. Pour over dough pieces. Let rise. Bake in 375° oven for 20 minutes. Turn out on foil or cookie sheet. Let stand 2 or 3 minutes when taken from the oven to let caramel mixture set.

CARROT NUT BREAD

Melba Cody Frank

1 C. sugar
¾ C. corn oil
2 eggs
1½ C. sifted flour
½ tsp. salt
1 tsp. soda
1 tsp. cinnamon
¼ to ½ C. finely chopped walnuts
1½ C. finely shredded carrots

Combine batter ingredients. Add nuts and carrots. Pour batter into greased bread pan. Bake 1 hour at 350°. If using glass pan, bake at 325° and watch for burning. Stays moist and freezes well!

CHRISTMAS STOLLEN

Karen Lovelock

1¼ C. milk
1½ tsp. salt
1 pkg. dry yeast
1 T. sugar
2 egg yolks
½ tsp. ground cardamom
½ C. finely cut dried citron
1 C. powdered sugar
5 tsp. water
½ C. sugar
¾ C. butter or margarine
¼ C. water
2 eggs, whole
6 to 7 C. flour
½ C. raisins
½ C. dried cherries, sliced

Scald milk; add sugar (or substitute honey), salt and butter; cook to lukewarm. Mix yeast, water and sugar. Add to milk mixture. Beat in eggs, yolks and 3 cups flour. Let rise until doubled in bulk. Add cardamom and fruits; mix, then knead additional flour until dough is no longer sticky. Let rise until doubled. Divide dough into thirds; roll each portion into oval ½" thick. Brush with melted butter, crease and fold in half. Place on greased baking sheet, allowing to rise until doubled. Bake at 400° for 20 minutes. While warm, frost with icing made of powdered sugar and water. Icing is optional. Makes 3 loaves.

CINNAMON BREAD

Judy Griffith

2 C. flour
½ tsp. baking soda
1 tsp. baking powder
½ tsp. salt
¼ C. shortening
1 C. sugar
2 eggs
1 C. sour milk
1 tsp. vanilla

Cream shortening and sugar until light. Add eggs and beat until fluffy. Sift dry ingredients; add alternately with milk. Add vanilla. Put ⅓ of mix in greased loaf pan. Sprinkle with ⅓ mixture of 1 tablespoon cinnamon plus 2 tablespoon sugar. Alternate layers. Bake at 350° for 40 to 50 minutes.

COFFEE CAKE

Minnie Gould

1¾ C. flour
1 C. sugar
1 T. butter
1 egg
½ tsp. vanilla
2 level tsp. baking powder
½ tsp. salt
1 T. lard or Crisco
1 teacup milk

Mix all together with hands like pie crust. Beat egg in a cup and fill cup up with milk, more milk can be added if too stiff. Add vanilla. Put in pan, sprinkle top with brown sugar and cinnamon or nutmeg and dot with butter. Bake in moderate oven.

COFFEE CAN BREAD

Mary McKee

1 pkg. active dry yeast
½ C. warm water
⅛ tsp. ginger
3 T. sugar
¾ C. wheat germ (optional)
4 to 4¼ C. sifted flour
1-13 oz. can Pet skimmed milk (or mixed powdered instant milk)
¾ tsp. salt
2 T. vegetable oil (or safflower oil)

Grease 1 pound coffee cans and lids well. In large bowl, dissolve yeast in water. Blend in ginger and 1 tablespoon sugar. Let stand in warm place until mixture is frothy; about 15 minutes. Stir in remaining 2 tablespoons sugar, milk, salt and oil. With mixer on lowest speed, add flour, 1 cup at a time, beating well after each addition. Stir in last cup of flour with a heavy spoon, mixing well until dough is very heavy or stiff, almost too sticky to work with. Place dough in coffee cans (2). Cover with lids or well greased aluminum foil. To bake, let the 2 cans stand in a warm place until dough rises and pops off plastic lids, 45 to 60 minutes. If the dough is frozen, let stand in cans at room temperature until lids pop, about 4 to 5 hours. Have oven preheated to 350°. Bake 45 minutes, crust will be very brown before you remove from cans. Cool in upright position on rack. Make slices of bread only about ¼" thick. Makes good toast and it is a good bread for those on diets. Wheat germ may also be added for enrichment.

CORN MUFFINS

Barb Frisbie

1¼ C. flour
¾ C. cornmeal
2 to 4 T. sugar
1 T. baking powder
1 tsp. salt
1 egg
⅔ C. milk
⅓ C. margarine, melted OR cooking oil
⅛ tsp. hot red pepper
½ C. thawed, frozen corn

Mix cornmeal, flour, sugar, baking powder, red pepper and salt. In small bowl, mix together milk, eggs, and margarine or cooking oil. Stir gently. Fold in corn after you have mixed dry ingredients and egg mixture. Fill muffin tins ⅔ full. Bake 20 minutes at 425°. Makes 12 muffins.

CRACKER WHEAT BREAD

Edith Wilson

Soak 1 cup wheat overnight in 2 cups warm water. Next day put wheat and water in blender and blend until fairly cracked. Don't drain. Dissolve 2 packages yeast in 2 cups warm water. Add the following mixture to yeast mixture and blend well:

2 C. flour
3 eggs
⅓ C. honey
2 T. salt
½ C. margarine

Add wheat mixture and more flour. Work dough by hand until it can be kneaded with stickiness. Knead. Let it rise until double in size. Punch down. Let dough rest 10 minutes. Shape into 4 or 5 loaves. Bake at 350° for about 40 minutes. May be made into rolls.

CRUNCHY BREAD STICKS

Barb Frisbie

4 slices firm white bread
⅔ C. crushed whole wheat crackers
1 T. sesame seeds
6 T. margarine (¾ stick), melted

Preheat oven to 400°. Cut each bread slice lengthwise into 4 pieces. Mix crushed crackers and seeds. Dip into margarine, then coat with cracker mix. Place on ungreased cookie sheet. Bake 8 to 10 minutes or until golden brown. Remove to wire rack. Cool. Makes 4 servings (285 calories per serving).

DATE BREAD

Charlene Gardner

2 C. dates, chopped
1½ C. boiling water
2 tsp. soda
1 C. brown sugar
1 C. white sugar
1 egg
½ tsp. salt
2 T. melted butter
2 tsp. vanilla
2¼ C. sifted flour
1 C. nuts, chopped

Pour boiling water over dates and when cool, add soda. Mix in the remaining ingredients. Bake at 350° for 1 hour in large greased loaf pan or 2 small pans.

DILL BREAD

Helen Arnall

2 pkgs. yeast
½ C. warm water
2 C. small curd cottage cheese, slightly warm
2 T. grated onion
4 T. dill seed
2 tsp. salt
½ tsp. soda
2 eggs
4 T. sugar
6 C. flour or enough for stiff dough
2 T. melted butter

Dissolve yeast in warm water. Add remaining ingredients except butter in order listed, beating well after each addition of flour. Cover and let rise in a warm place until doubled. Push down, don't knead, then put in a 6x6" casserole, well greased. Let rise until doubled again. Bake 40 to 50 minutes at 350°. Brush top with butter and sprinkle with salt, if desired.

DILLY BREAD

Cindy Hobbs

1 pkg. active dry yeast
¼ C. warm water
1 C. cottage cheese
2 T. sugar
1 T. instant minced onion
2 tsp. dill seed
1 tsp. salt
¼ tsp. soda
2¼ to 2½ C. flour
1 T. butter
1 egg

Soften yeast in water. In a mixing bowl, combine cottage cheese, sugar, onion, butter, dill seed, salt, soda, egg and yeast. Add flour to form stiff dough, beating well after each addition. (For first addition of flour, use mixer at low speed.) Cover. Let rise in warm place until light and double in bulk, about 50 to 60 minutes. Stir down the dough. Turn into well greased 8" round casserole. Let rise in warm place until light, 30 to 40 minutes. Bake at 350° for 40 to 50 minutes until golden brown. Brush with soft butter and sprinkle with salt.

DILLY BREAD

Wanda Fountain

1 pkg. yeast
1 C. cottage cheese, heated to lukewarm
1 egg
1 T. butter
¼ tsp. soda
½ C. warm water
2 T. sugar
1 tsp. salt
2¼ to 2½ C. flour
1 T. instant minced onion

Soften yeast in warm water. Combine cottage cheese, sugar, onion, dill seed, salt, soda, egg and softened yeast. Add flour, beating after each addition. You will have a stiff dough. Let rise in warm place until double in bulk, about 50 to 60 minutes. Stir down the dough, turn into well greased casserole (2-quart). Let rise in warm place until light (30 to 40 minutes). Bake in 350° oven for about 45 minutes or until done. Brush with soft butter. Makes 1 loaf.

DILLY BREAD RINGS

Karen Lovelock

- 1¼ C. Bisquick
- 1 T. sugar
- 1 T. instant minced onion
- 1½ tsp. dried dill weed
- ½ C. small curd creamed cottage cheese
- 1 T. plus 1 tsp. water
- 1 egg, slightly beaten

Heat oven to 400°. Mix baking mix, sugar, onion and dill weed; stir in cottage cheese and water until dough cleans side of bowl and round up into a ball. Turn dough onto surface dusting with baking mix. Gently roll in baking mix to coat; shape into ball. Knead 20 times. Roll dough ¼" thick. Cut with 2½" doughnut cutter. Place rings about ½" apart on generously greased cookie sheet; brush with egg. Bake until golden brown, 9 to 12 minutes. Makes about 12 rings.

REHEATING TIP: Heat rings on ungreased cookie sheet in 400° oven until warm.

HIGH ALTITUDE DIRECTIONS: (3500 to 6500 feet): Heat oven to 425°. Stir in 2 tablespoons all-purpose flour into baking mix.

DILLY COTTAGE BREAD

Maxene Howard

- 2 pkgs. yeast
- ½ C. warm water
- 2 T. sugar
- 4 T. melted butter
- 2 tsp. salt
- 2 eggs
- 2 C. cottage cheese
- 2 T. minced onions
- 3 T. dill seed
- 1 tsp. soda
- 2 T. sugar
- 5 C. flour

Sprinkle yeast over warm water. Stir to blend. Add 2 tablespoons sugar and set aside. Combine cheese, onion, dill seed, soda, salt, 2 tablespoons sugar, eggs and melted butter. Mix well. Add flour. Let rise until double in bulk. Turn onto lightly floured board and knead. Divide into 2 loaves. Put into 2 well greased loaf pans. Let raise 35 minutes. Bake at 350° for 45 minutes.

DINNER ROLLS

Helen Wells

- 2 pkgs. yeast
- 5 T. sugar
- 1 egg
- 5½ to 6 C. flour
- 2 C. lukewarm water
- 3 T. cooking oil
- 1½ tsp. salt

In warm bowl, dissolve yeast in the warm water, add sugar, salt, egg and oil with an electric mixer. Mix on medium speed for 2 minutes; gradually add 3½ cups of flour; mix for 3 minutes. Add remaining flour a small amount at a time and mix by hand. Knead well, cover with damp cloth. Let raise 1½ hours, make into rolls (place on greased pan), brush with melted butter or oleo. Let raise 1½ hours. Bake at 350° until brown.

DOUBLE QUICK DINNER ROLLS

Shandy (Gardner) Davis

1 pkg. active dry yeast
1 C. warm water (105 to 115°)
2 T. sugar
1 tsp. salt
1 egg
2 T. shortening
2¼ C. all-purpose or unbleached flour

Dissolve yeast in warm water in large mixer bowl. Add sugar, salt, egg, shortening and 1 cup of the flour. Beat until smooth. Stir in remaining flour. Continue stirring until smooth. Scrape batter from side of bowl. Cover. Let dough rise in warm place until double, about 30 minutes. Stir down batter. Spoon into 12 greased large muffin cups, filling each about ½ full. Let rise until batter reaches top of cup 20 to 30 minutes. Heat oven to 400°. Bake 15 minutes.

EASY DOUGHNUTS

Nellie Frisbie

4 beaten eggs
⅔ C. sugar
⅓ C. milk
⅓ C. shortening, melted
3 tsp. baking powder
¾ tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg
3½ C. sifted flour
About 3 C. shortening for frying

Beat eggs and sugar until light. Add milk and cooled shortening. Add sifted dry ingredients. In a deep saucepan or deep frier, heat 3 cups shortening to 375°. Drop small spoonfuls of dough a few at a time into hot fat. Drain. Sprinkle either powdered sugar or sugar and cinnamon. (Be sure to fry at 375°. If fat is too hot, donuts will be raw in middle. If too cold, will absorb too much grease.)

FAVORITE BANANA BREAD

Maxene Howard

1-8 oz. pkg. Philadelphia cream cheese
1 C. sugar
¼ C. oleo
1 C. mashed bananas
2 eggs
2½ C. flour
1½ tsp. baking powder
½ tsp. soda
1 C. chopped nuts

Combine softened cheese, sugar and oleo, mixing until well blended. Blend in bananas and eggs. Combine dry ingredients mixing just until moistened. Fold in nuts. Pour into greased and floured 9x5" loaf pan. Bake at 350° for 1 hour and 10 minutes. Remove from pan.

FRUIT COFFEE CAKE

Wanda Fountain

1 C. oleo	3 C. flour
1¾ C. sugar	1½ tsp. baking powder
4 eggs	½ tsp. salt
1 tsp. vanilla	1 can cherry pie filling or apricot
½ tsp. almond flavoring	

Cream oleo and sugar. Add eggs one at a time, beating well. Add flavorings. Mix ingredients. Add to creamed mixture and mix well. Reserve 1 cup of batter. Grease and flour a 15x10" jellyroll pan. Spread batter in pan. Spread pie filling over batter. Spoon reserved cup of batter over pie filling. Bake at 350° for 35 minutes. Drizzle with small amount of powdered sugar icing.

ICEBOX ROLLS

Susan Griffith

1 C. milk, scalded

ADD:

¼ C. sugar	½ C. margarine
1 tsp. salt	

Stir together and cool to lukewarm. Dissolve 1 package dry yeast in ¼ cup lukewarm water, add to milk mixture, mix in 3 beaten eggs, add 3 cups unsifted flour, stir to mix. Turn out on floured board and add enough flour to knead to a soft dough. Roll to ½" thickness. Spread melted butter and sprinkle sugar and brown sugar and/or cinnamon. Roll up and cut into rolls. Put in refrigerator and let rise overnight (from 9:30 or 10:00 p.m. to 7 or 8:00 a.m.). Bake at 375° for 20 to 30 minutes. Makes 12 large rolls.

IRISH SODA BREAD

Denton Warn
Submitted by Norma Warn

4 C. flour	1 egg
2½ tsp. salt	1 T. caraway seed (optional)
1 tsp. baking soda	½ C. currants (optional)
⅓ C. sugar	½ C. raisins (optional)
2 C. buttermilk	

Mix everything together. Knead on board with additional ¾ cup flour. Shape into round loaf. Place on greased baking sheet, slash across top. Bake at 350° for 35 minutes. If loaf sounds hollow when thumped, it's done. This bread tastes best when made with whole wheat and/or unbleached flour. Also try substituting 1 cup rye flour or cornmeal for extra flavor.

ITALIAN BREAD

Josephene Clark Geiss

6⅓ C. flour	3 T. sugar
2 pkgs. yeast	1 egg, separated
1¾ tsp. salt	1 tsp. oil

Mix 2⅓ cups flour with 2¼ cups plus 1 tablespoon hot water and 2 packages yeast. Set aside about 15 minutes until bubbly. Add egg yolk and 4 cups flour and 1 teaspoon oil. Let rise until double in bulk, about 1 hour. Punch down and let rest 10 minutes. Divide into 2 loaves. Place on 2 cookie sheets that have been greased and dusted with cornmeal. Make into long loaves. Cut slashes across loaves. Beat egg white with 1 teaspoon of water. Brush loaves with egg white mixture and let raise until double in bulk. Bake at 400° for 20 minutes.

MOM'S BISCUITS (DIABETIC)

Karie Orem

1 C. self-rising flour	⅓ C. buttermilk
2 T. oleo	

Mix all ingredients and roll out on floured board. Handle as little as possible. Bake on a seasoned cast iron skillet or other heavy skillet in a 475° oven for 10 minutes or until done. Makes 12 biscuits.

EXCHANGE VALUE: 1 biscuit equals ½ bread and contains 7 grams carbohydrate, 2 grams protein, 3 grams fat and 58 calories.

MONKEY BREAD

Dawn Landis Willcox

4 tubes biscuits, cut in quarters	½ tsp. cinnamon
⅔ C. sugar	

Shake biscuits and sugar mixture in paper sack.

1½ sticks butter	1 C. sugar
1 tsp. cinnamon	

Boil 2 minutes. Put ½ biscuits in bundt pan; pour ½ of the boiled sugar mixture on. Put other ½ of biscuits in; pour on top, rest of sugar mixture. Bake at 350° for 30 minutes.

MONKEY BREAD

Charlene Gardner

- 3 cans refrigerated biscuits
- 1¼ C. sugar
- 1¼ tsp. cinnamon
- ½ C. oleo

Mix ½ cup of the sugar with ½ teaspoon of the cinnamon. Cut biscuits in ¼'s. Roll in sugar cinnamon mixture. Place in greased bundt pan. Melt oleo, add ¾ cup sugar and ¾ teaspoon cinnamon. Mix well and pour over biscuits. Bake 30 minutes in 350° oven. Let set 10 minutes, then turn out on plate.

MONKEY BREAD

LaVergne Wilken

- ½ C. shortening
- ½ C. boiling water
- ⅓ C. sugar
- ¾ tsp. salt
- 1 heaping tsp. dry yeast
- 1 egg
- 3 C. flour
- ¾ to 1 stick margarine or butter
- ½ C. lukewarm water

Combine shortening, boiling water, sugar and salt in a bowl; let cool. Dissolve yeast in lukewarm water. Beat egg and add to yeast mixture. Gradually add flour, 1 cup at a time. Mix thoroughly; cover and let rise 1 hour. Knead dough down. Roll out on floured surface to ¼" thick. Cut into various shapes. Dip each shape into melted butter and place pieces into a bundt pan. Let rise about 1 hour in a warm place. Bake at 350° for 30 to 35 minutes. Cool about 5 minutes. Turn out on a plate.

MONKEY BREAD-GARLIC (DIABETIC)

Karie Orem

- 1 pkg. dry yeast
- 1 C. warm water (105°)
- 3 C. all-purpose flour, divided
- 1 tsp. salt
- Vegetable cooking spray
- 1 T. reduced calorie margarine, melted
- 1 clove garlic, minced
- 1 tsp. dried parsley flakes
- ⅛ tsp. pepper

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Combine 1½ cups flour and salt; add to yeast mixture, stirring well. Gradually stir in remaining 1½ cups flour to make a stiff dough. Turn out dough onto a lightly floured surface; cover and let rest 10 minutes. Knead 8 to 10 minutes or until smooth and elastic. Place dough in a bowl coated with cooking spray, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until dough is doubled in bulk. Combine melted, margarine, garlic, parsley and pepper, stirring well. Roll dough into 1½" balls, and dip each in margarine mixture. Layer balls of dough in a 10" ring mold. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in bulk. Bake at 375° for 25 to 30 minutes. Cool in pan 5 minutes; invert onto serving platter. Serve warm.

EXCHANGE: 1 starch.

SERVINGS: 16 slices, 77 calories each, with 0 mg. cholesterol, 15 grams carbohydrates, 2 grams protein, trace of fat, trace of fiber and 130 mg. sodium.

MOUNTAIN TOP BISCUITS

Barbara Frisbie

- 3 C. sifted flour
- 2 T. sugar
- 4½ tsp. baking powder
- ¾ tsp. cream of tartar
- ¾ tsp. salt
- ¾ tsp. shortening
- 1 egg, beaten
- 1 C. milk

Sift dry ingredients into bowl. Cut in shortening until resembles coarse meal. Combine egg and milk, add to flour mixture all at once. Stir with a fork just so dough holds together. Preheat oven to 450°. Knead lightly, roll 1" thick. Bake 12 to 13 minutes. Makes 1 dozen.

MYRTLE GOULD'S BROWN BREAD

Mary Alice Hobbs

- 2 C. seedless raisins
- 2 C. water
- 1½ C. sugar
- 1 stick butter
- 1 egg
- 4 C. flour
- 2 tsp. soda
- ¾ tsp. salt
- 1 tsp. vanilla
- 1 C. chopped nuts

Cream sugar, butter and eggs. Add raisins and liquid (raisins and water boiled for 5 minutes and cooled). Add dry ingredients. Fold in vanilla and nuts. Grease and clean well several soup cans or 2 pound size cans. Fill cans ½ full. Bake at 350° for 45 minutes or until done. Cool before removing from can. Wrap in foil and freeze, if desired.

NO-KNEAD REFRIGERATOR ROLLS

Mary Alice Hobbs

- 2 C. warm water (not hot)
- 2 pkgs. active dry yeast
- ½ C. sugar
- 2 tsp. salt
- 6½ to 7 C. sifted flour
- 1 egg
- ¼ C. soft shortening

In mixing bowl, dissolve yeast in water. Add sugar, salt and about half the flour. Beat thoroughly 2 minutes. Add egg, shortening. Beat in gradually the rest of flour until smooth. Cover with damp cloth and place in refrigerator. Punch down occasionally as dough rises in refrigerator. About 2 hours before baking, cut off amount needed and return rest of dough to refrigerator. Shape while cold into rolls and place on greased baking sheet. Brush tops with melted butter. Let rise until light (1½ to 2 hours). Heat oven to 400°. Bake 12 to 15 minutes. Makes 4 dozen medium rolls.

NUT BREAD

Bernice Wilson

¾ C. sugar
1½ C. milk
1 egg
3 tsp. baking powder
3 C. flour
½ tsp. salt
1 C. chopped nuts

Sift dry ingredients together and mix with milk and egg. Bake in moderate oven (350°) for 30 to 40 minutes.

OATMEAL BANANA MUFFINS

Edith Wilson

¼ C. sugar
½ C. margarine
2 eggs
1 C. mashed bananas
⅓ C. honey
1½ C. all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
¾ tsp. salt
1 C. quick cooking rolled oats

Cream together sugar and margarine. Add and beat eggs, bananas and honey. Stir together flour, baking powder, soda, and salt. Add flour mixture to creamed ingredients. Stir only until all ingredients are blended. Stir in the oats. Bake at 350° for 15 minutes.

PEANUT BUTTER MUFFINS

Teresa Griffith

1 egg
¼ C. canola oil
⅔ C. peanut butter
¾ C. milk
1½ tsp. vanilla
1½ C. whole wheat flour
½ C. sugar
2½ tsp. baking powder
¼ tsp. salt

Beat egg, add oil and peanut butter. Add milk and vanilla. Sift dry ingredients. Add at once. Spoon into greased muffin tin. Bake at 350° for 15 to 20 minutes.

POORMAN'S COFFEE CAKE

Hayley C. Heller

1¾ C. Bisquick mix	⅓ C. sugar
¼ C. brown sugar	1 egg
½ tsp. cinnamon	¼ C. milk

Grease bottom of a round cake pan. Blend 1½ cups of Bisquick mix and ⅓ cup sugar. Beat egg and add to mix. Add milk to dry ingredients. Mix only to moisten. Spoon sugar mixture over coffee cake batter. Bake at 375° for 20 minutes or until toothpick comes out clean. Serve warm.

SUGAR MIXTURE:

¼ C. Bisquick	Cinnamon
¼ C. brown sugar	

Lightly mix.

PUMPKIN CHEESE BREAD

Maxene Howard

2½ C. sugar	2 tsp. soda
1-8 oz. cream cheese	1 tsp. salt
½ C. margarine	1 tsp. cinnamon
4 eggs	½ tsp. baking powder
1-16 oz. pumpkin	¼ tsp. ground cloves
3½ C. flour	1 C. chopped nuts

Combine sugar, softened cheese and margarine mixing until well blended. Add eggs one at a time, mixing well after each addition. Blend in pumpkin. Add combined dry ingredients, mixing just until moistened. Fold in nuts, pour into 2 greased and floured 9x5" loaf pans. Bake at 350° for 1 hour and 10 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Makes 2 loaves.

RAISED SPUD NUTS

Karyl White

½ C. sugar
⅔ C. vegetable shortening
1 T. salt
2 beaten eggs
2 C. scalded milk
1 C. mashed potatoes
1 pkg. yeast dissolved in
½ C. warm water
6 to 7 C. flour

Cream sugar, shortening, salt and eggs. Add milk and potatoes. Add yeast and flour. Let rise until doubled. Roll dough to ½" thick. Let rest 10 minutes and cut with doughnut cutter. Place on baking sheets or trays and let doughnuts rise again about ½ hours. Fry in deep fat, turning once to brown both sides. Drain on paper towels and roll in cinnamon-sugar while still warm, or glaze with the following.

GLAZE:
1 lb. powdered sugar
3 T. butter
½ C. water
1 tsp. vanilla

Boil water in saucepan on stove and stir in other ingredients. Dip spudnuts in glaze while still warm. Dry on racks. Makes 4 dozen.

SKY HIGH BISCUITS

Rachel Alexander

2 C. flour
1 C. whole wheat flour
4½ tsp. baking powder
2 T. sugar
½ tsp. salt
¾ tsp. cream of tartar
¾ C. butter or margarine
1 egg, beaten
1 C. milk

In a bowl, combine the flours, baking powder, sugar, salt and cream of tartar. Cut in butter until mixture resembles coarse cornmeal. Add egg and milk, stirring quickly and briefly. Knead lightly on floured board. Roll or pat gently to 1" thickness. Cut into 1 to 2" biscuits. Place in a greased 10" iron skillet or 9" square pan. For crusty biscuits, separate on a cookie sheet. Bake at 450° for 12 to 15 minutes.

SOUR CREAM COFFEE CAKE

Wanda Fountain

- ½ C. shortening
- 2 eggs
- 1 tsp. soda
- ½ tsp. salt
- 1 C. sugar
- 2 C. flour
- 1 tsp. baking powder
- 12 oz. sour cream
- 1 tsp. vanilla

TOPPING:
- 1 tsp. cinnamon
- ⅓ C. sugar
- ¼ C. brown sugar
- 1 C. nuts

Cream together shortening and sugar. Add rest of ingredients and beat well. Spread half of batter in greased and floured 9x13" pan. Sprinkle with half of the topping. Spoon rest of batter in pan and sprinkle with rest of the topping. Bake 30 to 35 minutes in 350° oven.

SOUR CREAM COFFEE CAKE

Ruby Houston

- ½ C. shortening
- 2 eggs
- 1 tsp. soda
- ½ tsp. salt
- 1 tsp. vanilla or more
- 1 C. sugar
- 2 C. flour
- 1 tsp. baking powder
- 12 oz. sour cream

TOPPING (mix well):
- ⅓ C. white sugar
- 1 C. nuts
- 1 tsp. cinnamon
- ¼ C. brown sugar

Cream together shortening and sugar. Add rest of ingredients and beat. Spread half of batter in greased 9x13" pan. Sprinkle with half the topping. Spread rest of batter in the pan and sprinkle with rest of the topping. Bake 30 to 35 minutes in 350 to 375° oven.

SQUAW BREAD

Barbara Frisbie

- 2 C. sweet milk
- 2 T. baking powder
- 1 T. shortening
- 1 tsp. sugar
- 1 tsp. salt
- Enough flour to make dough easy to handle

Roll to desired thickness, cut in pieces, slit these strips and fry in deep fat.

STRAWBERRY SHORTCAKE

Bernice Wilson

4 C. flour
¼ C. sugar
2 T. baking powder
1 C. butter or margarine
2 beaten eggs
1⅓ C. light cream
1 C. whipping cream
3 to 4 C. sliced fresh strawberries, sweetened

Sift together dry ingredients and 1 teaspoon salt; cut in 1 cup butter to form coarse crumbs. Mix eggs and light cream; stir into dry ingredients. Spread into 2 greased 8x1½" round baking pans; build up edges. Bake at 450° about 15 minutes. Whip cream. Spread 1 layer with butter. Layer berries and cream in middle and atop. Makes 8 servings.

SUNSHINE ROLLS

Cleo Griffith

2 pkgs. dry yeast
½ C. warm water
1 T. sugar
½ C. oleo
1½ tsp. salt
1 C. milk
3 eggs
¼ C. sugar
6 C. flour

Sprinkle yeast, 1 tablespoon sugar over ½ cup water. Combine milk, oleo, warm to lukewarm. Add salt and sugar. Add 3 beaten eggs to yeast. Beat in flour to make a stiff dough. Let rise until double. Mix down and shape into rolls. Let rise until light. Bake at 375° for 10 to 12 minutes.

SWEET MILK DOUGHNUTS

Millie Hobbs

2 T. melted fat
1 C. sugar
1 egg, well beaten
1 C. milk
4 tsp. baking powder
1 tsp. salt
½ tsp. cinnamon
3 C. flour or enough to make soft dough

Add cinnamon, salt and baking powder with the ingredients. Roll ¼ to ½" thick, cut. Fry, turning as soon as they rise to the top and there after as needed to prevent cracking.

WHEAT MICRO-CHIPS

(KANSAS WHEAT COMMISSION)

Cindy Hobbs

1 C. whole wheat flour	3 tsp. sesame seeds
½ tsp. salt	¼ C. margarine
1½ T. brown sguar	3 T. plus 1 tsp. cold water

Combine flour, salt, brown sugar and sesame seeds. Cut in margarine with a pastry blender until particles are coarse. Sprinkle cold water over mixture while stirring with fork just until moist enough to hold together. Roll evenly on a floured surface until ⅛" thick or less. Cut into 1" squares. A pizza cutter works well; use one with a scalloped wheel to make a fancy edges. Arrange close together on a lightly oiled microwave baking sheet or in a large glass pie plate. Microwave at HIGH for 2½ to 3½ minutes, rotating often. Remove to paper toweling to cool. Makes several dozen.

WHITE CAP ROLLS

Hattie I. Horton

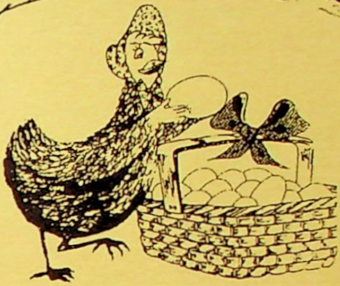
5 C. all-purpose flour	1 C. milk
½ C. sugar	6 T. oleo
2 tsp. salt	2 eggs, room temperature
2 pkgs. yeast	2 T. cornstarch
1½ C. water	Powdered sugar glaze

Set aside 1 cup of flour. In large bowl, mix remaining flour, ¼ cup sugar, salt and yeast. In saucepan over low heat, heat 1 cup water, milk and 4 tablespoons margarine until hot to touch. Stir into dry mixture. Mix in eggs and only enough reserved flour to make soft dough. On lightly floured surface, knead until smooth and elastic, about 4 minutes. Cover; let rest 10 minutes. Divide dough into 24 pieces. Roll each into 15" rope. On greased baking sheet, loosely coil ropes; cover. Let rise in warm, draft free place until doubled in size, about 30 minutes. Bake at 400° for 15 minutes. Remove from sheets, cool on wire rack. Drizzle with powdered sugar glaze.

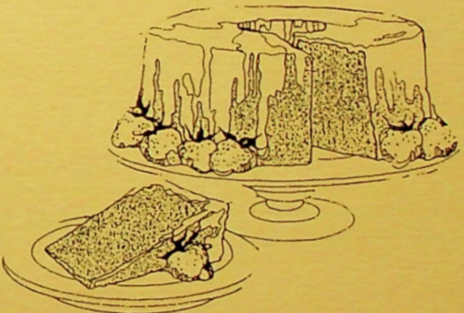
POWDERED SUGAR GLAZE: Combine 1 teaspoon butter with 1½ tablespoon boiling water. Add ½ teaspoon vanilla, 1½ cups powdered sugar. Beat until creamy. If desired, before baking, make an indentation in center or rolls and fill with ½ tablespoon of cherry filling.

CHERRY FILLING: In small saucepan, combine ¼ cup sugar, 2 tablespoons cornstarch, ½ cup water, ½ cup maraschino cherry juice. Cook over medium heat, stirring constantly, until mixture thickens and begins to boil. Stir in halved cherries and remaining 2 tablespoons oleo. Cool.

Notes



CAKES & FROSTINGS



ANGEL FOOD CAKE

(LOW IN CALORIES AND FAT FREE)

Mary Alice Hobbs

- 1½ C. egg whites (10 to 12 lg. eggs)
- 1½ C. sifted powdered sugar
- 1 C. sifted cake flour or sifted all-purpose flour
- 1½ tsp. cream of tartar
- 1 tsp. vanilla
- 1 C. sugar

Beat egg whites, which should be room temperature, cream of tartar, and vanilla with an electric mixer on medium speed, until soft peaks form, gradually add sugar, 2 tablespoons at a time. Sift about ¼ of the flour mixture over beaten egg whites. Lightly and gently fold into the beaten egg whites. Repeat this mixture by ¼. Pour batter into an ungreased 10" tube pan. Use a metal knife or spatula to cut through the batter and release any large air pockets. Bake 40 to 45 minutes in 350° oven.

APPLE CAKE

Myrtle Gould

- 2 C. apples, chopped
- 1½ C. sugar
- ⅔ C. sour milk
- ⅔ C. raisins
- ½ tsp. cloves
- ½ tsp. allspice
- 1 tsp. nutmeg
- ⅔ C. butter
- 3 eggs
- ⅔ C. English walnuts
- 1 tsp. cinnamon
- 1 tsp. soda
- 2½ C. flour

Cream sugar and butter. Add 3 eggs, beating well after each addition. Sift dry ingredients and add alternately with sour milk. Add raisins, nuts and apples. Bake in 9x13" loaf pan in moderate oven until toothpick comes out clean.

APPLE CAKE (FARM CAKE)

Betty Houston

- 4 C. chopped apples
- 2 C. sugar
- 2 C. flour
- 1 C. nuts
- ½ C. cooking oil
- 2 tsp. cinnamon
- 2 tsp. soda
- 1 tsp. salt
- 2 tsp. vanilla
- 2 eggs

Mix apples and sugar and set aside. Beat eggs and oil. Sift dry ingredients and add alternately with apple mixture. Bake 1 hour at 350°. Icing may be used, if desired.

APPLE CUPCAKES

Weight Watchers

4 slices bread
1 T. cinnamon
1 T. vanilla
4 eggs
⅔ C. powdered milk
2 T. vegetable or safflower oil
1 tsp. baking soda
2 T. sweetener (I use Sugar Twin)
4 apples, chopped (can leave peel on for more fiber)

Put bread in blender and make crumbs, put in bowl, add milk, cinnamon and baking soda. Beat eggs until thick, about 10 minutes. Add sweetener extract and oil. Gently fold crumbs into egg mix, then fold in apples. Bake in non-stick muffin or small individual bundt pan (muffin size). Bake at 350° for 20 to 25 minutes. Makes 12 cupcakes. (2 cupcakes has 168 calories).

NOTE: I use them for breakfast with a cup of coffee. It takes care of your milk, bread, protein, fruit for a meal.

APPLE SPICE CAKE

Sheryl McVey

1 spice cake mix
3 eggs
1 T. water
½ C. nuts
1 can apple pie filling

TOPPING:
½ C. sugar
½ C. flour
¼ C. butter
1 T. cinnamon
1 tsp. nutmeg
¼ C. nuts

Mix together cake mix, eggs, water and nuts. Put in a 9x13" pan. Mix the topping together. Crumble over cake mix and bake at 350° for 40 to 45 minutes.

APRICOT NECTAR CAKE

Eva Mae Barnes

1 pkg. yellow cake mix
¾ C. oil
¾ C. apricot nectar
4 eggs
1 pkg. lemon jello dissolved in ⅔ C. hot water

Mix well. Bake at 350° for 40 minutes. When done, remove from oven and cover with powdered sugar icing while hot.

BETTER THAN ANYTHING CAKE

Debbie Landis Wade

1 box white cake mix
1 can pineapple, crushed
1 box vanilla pudding
4 bananas
1 tub Cool Whip

Prepare white cake according to directions; let cool. Poke holes in top of cake. Boil pineapple and sugar and pour over cake. Prepare pudding and put on top of cake and pineapple. Slice bananas on top of cake. Add Cool Whip and serve.

BOILED SPICE CAKE

Wilma Sturgeon

2 C. brown sugar
2 C. hot water
1 C. raisins
1 tsp. cinnamon
2 tsp. soda
2 C. flour
1 C. nuts

Cook sugar, raisins, water, butter and cinnamon. Cool and add rest of ingredients. Bake at 350° for 30 to 35 minutes.

BOSTON CREAM PIE

Margaret Klassen

CAKE:
½ C. shortening
1 C. sugar
2 eggs
2½ C. flour
½ tsp. salt
3 tsp. baking powder
¾ C. milk
1 tsp. vanilla

Cream shortening, sugar and vanilla until light and fluffy. Add eggs and beat thoroughly. Add sifted dry ingredients alternatively with the milk. Bake in 2 round, greased 8" cake pans for about 30 minutes in 350° oven.

CREAM FILLING:
5 T. flour
½ C. sugar
½ tsp. salt
2 C. milk, scalded
2 slightly beaten eggs
1 tsp. vanilla

Mix flour, sugar and salt; stir in milk. Cook until thick, stirring most of the time. It will stick to the pan easily. Add a little hot mixture to eggs, then stir into remaining hot mixture. Cook 3 minutes more, add vanilla and cool. Put between layers of the cake. Use any chocolate frosting you have, but don't put very much frosting on any one side of the cake.

BREAKFAST COFFEE CAKE

Sophia Gregg

1¾ C. sugar	3 C. flour
2 sticks oleo	1½ tsp. baking powder
4 eggs	Can of any flavor pie filling
½ tsp. salt	

Cream sugar and oleo. Add eggs, salt, flour, baking powder. Spread in jellyroll pan. Cover with can of pie filling. Bake for 20 to 25 minutes at 350°. Drizzle icing over it while still hot.

BROWN SUGAR ICING

Marian Clark Hudson

2 C. brown sugar	2 T. oleo or butter
½ C. milk	1 tsp. vanilla

Cook to soft boil stage. Beat until it starts to sugar. Spread on cake.

BROWNED BUTTER ICING

Gladys Lauver

⅓ C. butter	1½ tsp. vanilla
3 C. powdered sugar	3 T. cream or milk (I use milk)

Melt butter over low heat. Stir occasionally until golden brown. Remove from heat. Blend in 3 cups sifted powdered sugar along with vanilla and milk or cream. Stir until smooth and spread on cake (9x13") or cookies. Add more milk if necessary to make it easier to spread.

This is another "oldie" that never fails to harden after cake is cooled.

BURNT SUGAR ICING

Lula Mummey

1½ C. sugar	½ C. shortening
2 egg yolks	1 tsp. vanilla
1 C. water or milk	2½ C. cake flour
2½ tsp. baking powder	¼ tsp. salt
3 T. burnt sugar syrup	2 egg whites

Cream sugar, shortening and egg yolks. Add water or milk and burnt sugar syrup. Mix dry ingredients and add to batter. Beat egg whites and fold into batter the very last. Bake at 350° for 30 minutes.

CALIFORNIA OATMEAL CAKE

Judy Griffith

1 C. oatmeal, uncooked
1 stick butter
1¼ C. boiling water

Mix ingredients, cover and let cool while mixing the following:

2 eggs
1 C. white sugar
1 C. brown sugar
1½ C. flour
1 tsp. baking soda
¾ tsp. cinnamon
½ tsp. nutmeg

Beat eggs, add sugar and beat well. Sift dry ingredients together. Add part of flour and part of oatmeal mixture alternately to egg mixture. Grease 9x12x2" pan. Pour mixture into pan and bake at 350° for 25 to 30 minutes.

ICING:
6 T. butter
½ C. brown sugar
¼ C. cream
1 tsp. vanilla
1 C. coconut
½ C. nuts

Heat all ingredients together. Pour on top of baked cake and put under broiler for a minute or two until browned.

CARROT CAKE

Helen Wells

2 C. sugar
3 eggs
1½ C. oil
2 C. flour
2 C. finely grated carrots
½ C. chopped nuts
1 sm. can crushed pineapple
2 tsp. cinnamon
2 tsp. soda
1 tsp. salt
2 tsp. vanilla

Mix together and bake 40 minutes at 325° in a 9x13" pan that has been greased and floured.

ICING:
3 oz. Philadelphia cream cheese
Vanilla
½ stick oleo
½ lb. powdered sugar

Mix and spread over cake when cool.

CARROT CAKE

Shandy (Gardner) Davis

2 C. sugar
1½ C. vegetable oil
2 C. flour
3 C. carrots, grated

1 tsp. salt
2eggs
2 tsp. soda
2 tsp. cinnamon
½ C. nuts

Beat sugar and oil. Add eggs. Cream well. Sift dry ingredients. Add to first mixture. Fold in carrots and nuts. Bake 350° for 45 minutes.

ICING:
1 box powdered sugar
1 stick oleo

8 oz. cream cheese
2 tsp. vanilla

Cream together.

CARROT CAKE (DIABETIC)

Tricia McAllister

Margarine and flour for pan
1½ C. all-purpose flour
¼ C. whole wheat flour
1 tsp. baking powder
½ tsp. baking soda
½ tsp. ground cinnamon
½ tsp. ground ginger
¼ tsp. salt
½ C. unsweetened crushed pineapple, drained

½ C. vegetable oil
6 T. sugar
2 eggs (or substitute)
¼ C. unsweetened pineapple juice concentrate
1 tsp. vanilla extract
1 C. shredded carrots
½ C. golden raisins

Preheat oven to 350°. Grease and flour an 9x5" loaf pans. In a bowl toss flours, baking powder, baking soda, cinnamon, ginger and salt. In a second bowl, stir oil, sugar, eggs, pineapple juice and vanilla. Stir liquid into dry ingredients until smooth. Stir in carrots, raisins and pineapple. Scrape into prepared pan. Bake 35 to 40 minutes until a pick inserted in the center of the cake comes out clean. Cool in the pan on a rack for 1 hour. Unmold cake and serve plain or with cream cheese frosting. Cut into ½" slices to serve. Makes 18 servings.

1 slice equals 1 starch, 1 fat exchange, 142 calories, 19 grams carbohydrate, 2 grams protein, 7 grams fat, 87 mg. sodium and 30 mg. cholesterol.

CHOCOLATE COLA CAKE

Hattie Cronkite
Submitted by Maxine Hoyle

2 C. flour
2 C. sugar
2 sticks butter or oleo
1 C. Coca Cola
3 T. cocoa
½ C. buttermilk
1 tsp. baking soda
1 tsp. vanilla
½ C. marshmallows
2 eggs, well beaten

Sift flour and sugar; set aside. Place in saucepan and bring to boil, butter, Coca Cola and cocoa. After bring to boil add to flour mixture along with buttermilk, soda, vanilla, egg and marshmallows. Batter will be quite thin. Pour into well greased 13x8½" baking pan. Bake at 350° for 45 minutes. Frost cake while warm with icing.

ICING: Bring to boil 1 stick oleo, 3 tablespoons cocoa, 6 tablespoons cola. Add 1 box powdered sugar, 1 teaspoon vanilla, 1 cup miniature marshmallows and 1 cup chopped nuts.

CHOCOLATE CUPCAKES

Sandra Culver Habermann

1 box chocolate cake mix

Mix according to directions on box. Put in muffin pans.

FILLING:
8 oz. cream cheese
⅓ C. sugar
1 egg
Dash salt

Mix together. Stir in 6 ounces chocolate chips. Spoon 1 teaspoon filling on top of cupcake. Bake at 350° for 20 minutes.

CHOCOLATE SHEET CAKE

Helen Slifer

SIFT TOGETHER:
2 C. flour
2 C. sugar

BRING TO BOIL:
1 tsp. salt
4 T. cocoa
1 C. water
1 stick oleo
½ C. shortening

STIR INTO FLOUR AND MIX WELL:
½ C. sour milk
2 tsp. soda
1 tsp. vanilla
2 eggs

Put into a greased sheet cake pan. Bake 20 minutes at 350°. Frost while still warm with the following:

1 stick oleo
4 T. cocoa
6 T. milk
1 tsp. vanilla

Bring to a boil. Remove from fire, add 1 box powdered sugar (3½ cups or less) and add 1 cup chopped nuts. Beat well and spread on hot cake.

CHOCOLATE BUTTERSCOTCH FROSTING

JoAnn Lamb

2-1 oz. sqs. unsweetened chocolate
¼ C. butter or oleo
⅔ C. brown sugar
1 tsp. vanilla
½ C. light cream
¼ tsp. salt
3 C. powdered sugar

Combine all ingredients, except powdered sugar and vanilla in a saucepan. Bring to boil, stirring constantly. Cook until the chocolate is melted. Remove from heat and add vanilla and enough powdered sugar for good spreading consistency. Spread on cooled cake.

COCONUT CREAM CAKE

Helen Slifer

½ C. margarine
½ C. shortening
2 C. sugar
5 eggs
2 C. flour
1 tsp. soda
1 C. buttermilk
1⅔ C. flaked coconut

FROSTING:
½ C. margarine
1-8 oz. pkg. cream cheese
1-1 lb. box powdered sugar
1 tsp. vanilla
⅛ tsp. salt
½ C. chopped nuts

Blend margarine, shortening and sugar together. Separate eggs; add yolks to sugar mixture one at a time. Sift flour and soda together, add alternately with buttermilk. Add coconut, fold in stiffly beaten egg whites. Grease and flour three 9" round cake pans. Bake at 350° for 25 to 30 minutes. For frosting, cream softened margarine and cream cheese together. Add powdered sugar, vanilla and salt. Blend well, then add chopped nuts. Ice cool cake.

COKE CAKE

Joyce (Smith) Davis

2 C. flour
2 C. sugar

Mix flour and sugar together.

2 sticks margarine
1½ C. miniature marshmallows
3 T. cocoa
1 C. Coke

Mix these 4 ingredients together in a saucepan, place over moderate heat and bring to a boil, stirring frequently to prevent sticking. Remove from heat and stir immediately into the flour-sugar mixture, mixing well.

TO THE ABOVE MIXTURE ADD:
2 eggs, well beaten
¼ C. buttermilk
1 tsp. soda

Mix. Beat until batter is smooth. Pour into a 9x13" greased and floured baking pan or Pyrex baking dish. Bake at 350° (325° if baked in Pyrex) for 40 to 45 minutes or until cake is done. Do not overbake.

SAUCE:
1 stick margarine
3 T. cocoa
6 T. Coke

Mix the above 3 ingredients in a saucepan to a boil, stirring frequently to keep from sticking, remove from heat and add 1 box powdered sugar (you may prefer to use a little less than the full box), 1 cup pecan meats or other nutmeats (optional). Mix well, pour hot sauce over hot cake.

COOL WHITE CAKE

Charlene Gardner

1 box white cake mix
1 can crushed pineapple
½ C. sugar
1 box instant vanilla pudding
1 carton Cool Whip
Coconut and/or nuts

Bake cake as directed in 9x12" pan. Mix pineapple and sugar. Cook 5 minutes. Pour over cake after taken from oven. Cool completely. Mix pudding and spread on top of cake and pineapple. Top with Cool Whip and sprinkle with coconut and nuts, if wanted. Refrigerate until ready to serve. Can be frozen.

CRANBERRY REFRIGERATOR CAKE

Mary Alice Hobbs

2 C. chopped cranberries
1 lg. banana, diced
⅔ C. sugar
2 C. crushed vanilla wafers
½ C. margarine
1 C. confectioners' sugar
2 eggs
½ C. chopped nuts
1 C. heavy cream or dessert topping

Mix first 3 ingredients and set aside. Spread 1 cup vanilla wafer crumbs in square 8" pan. Cream margarine and confectioners' sugar together, add eggs and beat well. Carefully spread this mixture over crumbs. Then top with cranberry-banana mixture and sprinkle with nuts. Cover all with remaining crumbs; chill overnight.

CREAM CHEESE FROSTING (DIABETIC)

Amy White

8 oz. light cream cheese, room temperature
5 T. unsweetened pineapple juice concentrate
½ tsp. vanilla extract
½ tsp. finely grated orange peel

In bowl whisk all ingredients together until smooth. Makes about 1¼ cups.

Serving size: 1½ tablespoons equals 1 fat exchange and contains 40 calories, 3 grams carbohydrates, 2 grams protein, 3 grams fat, 96 mg. sodium and 10 mg. cholesterol.

DATE CAKE

Nola Charter

1 C. dates, chopped	1 C. flour
1 C. boiling water	1 C. nuts, chopped
½ tsp. soda	2 tsp. baking powder
3 T. shortening	¼ tsp. salt
1 egg	1 C. sugar

Dissolve soda in boiling water and pour over dates. Let stand. Cream shortening, sugar, eggs, nuts and dry ingredients. Add date mixture, beat well. Bake at 350° in 9x13" greased and floured pan for 35 to 40 minutes. Keeps well. Serve with whipped cream or ice cream.

DEEP, DARK CHOCOLATE CAKE

Betty Burch
Submitted Mary E. Hobbs

1¾ C. unsifted all-purpose flour	2 eggs
2 C. sugar	1 C. milk
¾ C. Hershey's cocoa	½ C. vegetable oil
1½ tsp. baking soda	2 tsp. vanilla
1½ tsp. baking powder	1 C. boiling water
1 tsp. salt	

Combine dry ingredients in large mixer bowl. Add eggs, milk, oil and vanilla. Beat 2 minutes at medium speed. Stir in boiling water (batter will be thin). Pour into greased and floured 13x9x2" pan. Bake at 350° for 35 to 40 minutes or until cake tester inserted in center comes clean. Cool.

DELICATE GRAHAM CRACKER CAKE

Mandy Frisbie

20 graham crackers (finely rolled, about 1½ C.)	½ C. margarine, softened
½ C. flour	¾ C. sugar
2½ tsp. baking powder	2 eggs
½ tsp. salt	1 tsp. vanilla extract
	¾ C. milk

In small bowl, combine cracker crumbs, flour, baking powder and salt; set aside. In large bowl, beat at high speed, margarine, and sugar until fluffy. Add eggs one at a time, beating after each addition. Stir in vanilla. Alternately add flour mixture and milk. Divide mixture into 2 well greased 8" round cake pans. Bake 350° for 25 minutes or until done. Cool in pans 15 minutes. Remove after completely cooled.

DEVILS FOOD CAKE

Ethel Warn
Submitted by Norma Warn

CHOCOLATE MIXTURE:
1 C. sugar
¾ C. cocoa
1 C. milk
1 egg

Combine sugar, cocoa. Add beaten eggs, add milk. Cook in double boiler until thick. Cool.

1 C. sugar
¾ C. shortening
½ C. milk
2 eggs
2 C. cake flour
⅛ tsp. salt
1 tsp. baking soda
1 tsp. vanilla

Cream shortening and sugar; add well beaten eggs. Beat thoroughly. Sift flour, measure and sift with baking soda and salt. Add alternately with milk to creamed shortening and sugar. Add vanilla. Add cocoa mixture which has been well cooled. Beat thoroughly. Pour into oiled layer pans. Bake at 375° about 20 minutes.

FUDGE ICING:
2 C. sugar
1 to 1½ T. cocoa
⅔ C. milk
1 T. butter
Pinch salt
1 tsp. vanilla

Mix cocoa and sugar, add milk, butter and salt. Boil to soft ball stage. Cool and add vanilla before icing.

DUCHESS COCOA CAKE

Barb Frisbie

1 C. mayonnaise
1 C. warm water
1 C. sugar
2 C. sifted flour
4 T. cocoa
2 tsp. soda
1 tsp. vanilla
½ tsp. salt

FROSTING:
¾ C. shortening
1 lb. powdered sugar
¾ tsp. salt
1 tsp. vanilla
½ tsp. almond
4 to 5 T. milk

Mix mayonnaise with sugar, add water and stir until well mixed. Add sifted dry ingredients and mix. Stir in vanilla. Pour into 8" square pan lined with waxed paper. Bake at 350° for 30 to 35 minutes. For frosting, cream shortening, powdered sugar, margarine and salt. Add milk, vanilla and almond and beat. Stores well.

DUMP CAKE

Betty Burch
Submitted by Mary E. Hobbs

1 can cherry pie filling
1 can crushed pineapple, drained
1 box yellow cake mix
1¼ sticks margarine
½ C. walnuts
½ C. coconut

Spread pie filling in 9x13" pan. Scatter pineapple over mixture. Sprinkle dry cake mix in layer over this. Drop slices of oleo over cake mix. Scatter nuts and coconut on top. Do not stir. Bake at 350° for 40 minutes or until cake is lightly browned.

EASY APPLESAUCE CAKE

Opal Frisbie

1⅔ C. flour
½ C. applesauce
⅓ C. salad dressing
1 tsp. allspice
1 tsp. baking soda
1 tsp. cider vinegar
½ tsp. salt
½ C. chopped dates or raisins

Preheat oven to 400°. In bowl, beat first 8 ingredients and ¼ cup water, pour into greased 9x9" pan. Bake 20 to 22 minutes. Sprinkle with confectioners' sugar. Makes 9 servings.

EASY CAKE

Jeane Fields

1 box spice cake mix
1 C. chopped apples

Bake 30 minutes at 350°.

TOPPING:
1 C. sour cream
1 C. Eagle Brand milk
¼ C. lemon juice

Beat all ingredients until mixed well. Spread on cake and bake 10 more minutes.

EASY CHERRY CHEESECAKE

Joan Smith

2-8 oz. pkgs. cream cheese
2 C. sugar
1 container whipped topping
1 lg. can cherry pie filling

CRUST:
2 C. crushed vanilla wafers
Melted butter

Mix cream cheese and sugar until light and fluffy. Fold in whipped topping. Moisten vanilla wafers with melted butter. Pat in bottom of 9x13" pan. Place under broiler until settled. Place in freezer to cool. Top with cream cheese mixture. Top with cherry pie filling. Refrigerate before serving.

ELECTRIC SKILLET UPSIDE DOWN CAKE

Mary Bowlby

- 5 T. butter or oleo
- 1 C. brown sugar, firmly packed
- 1-#2 can (2½ C.) pineapple slices or peach halves, drained
- Pecan halves
- Maraschino cherries
- 1 yellow cake mix

Preheat skillet to 225°. Melt butter or oleo. Add brown sugar and mix well. Spread evenly over bottom of skillet. Arrange fruit and nuts over sugar mixture. Prepare cake mix according to directions. Spread evenly on top of fruit. Cover skillet with lid, the vent open. Bake for 35 to 40 minutes or until cake is dry on top. While cake is hot, loosen edges with spatula. Place plate or tray over skillet and turn over to remove cake from pan. Lift off skillet. Serve warm or cold with whipped cream.

ENGLISH LEMON POUND CAKE

Valeta Gregg Pentz

- 1 C. shortening
- 2 C. sugar
- 4 eggs
- 1 T. lemon extract
- ½ tsp. vanilla
- 1 tsp. butter flavoring
- 2 drops yellow food coloring
- ½ tsp. salt
- 3 C. cake flour
- ¾ C. buttermilk
- 1 tsp. soda
- 1 T. vinegar

Cream shortening and sugar. Add eggs, one at a time. Mix well. Add extracts, food coloring and salt. Add flour and buttermilk alternately, beating all the while. Mix soda and vinegar together. Add to flour mixture. Blend well. Bake in a 9" bread or loaf pan; greased and floured. Bake at 325° for 60 to 65 minutes. Delicious!

FRENCH APPLE COFFEE CAKE

Lindy Fenton

- 1¼ C. white sugar
- 1¼ C. brown sguar
- ⅔ C. buttermilk
- 2 eggs
- 2½ C. flour
- 2 tsp. baking soda
- 3¼ tsp. cinnamon
- ½ tsp. salt
- 1 can apple pie filling
- ½ C. nuts
- ½ C. melted oleo

Mix together 1 cup white sugar, 1 cup brown sugar, milk, eggs, flour, soda, salt and 2 teaspoons cinnamon. Fold in pie filling and spread into 9x13" greased cake pan. Make a topping with remaining ¼ cup white sugar, ¼ cup brown sugar, and 1¼ teaspoon cinnamon and nuts. Sprinkle on top. Bake at 350° for 35 to 45 minutes, until cake tester comes out clean. Pour melted butter over hot cake.

FRENCH CINNAMON CAKE

Joan Peyton
(Melba Fossey's niece)

2 C. sugar
½ C. shortening
3 eggs
1 C. milk
3 C. flour
3 tsp. baking powder
1 tsp. vanilla

Cream together sugar and shortening. Add eggs and beat well. Add milk and flour/baking powder alternately, a little at a time. Add vanilla and mix well. Pour into greased 12 or 13" pan or 2 layer pans. Sprinkle to cover with topping (½ cup sugar and 2 big teaspoons cinnamon mixed together). Dot with ½n stick butter. Poke all over with toothpick. Bake in preheated oven at 350° for 25 to 35 minutes.

FRUIT COCKTAIL CAKE

Betty Fenton

1 cube oleo
1½ C. sugar
2 eggs
1¾ C. flour
1-#2 can fruit cocktail and juice
1½ tsp. soda

TOPPING:
¾ C. brown sugar
½ C. chopped pecans
⅓ C. tsp. cinnamon

Cream softened oleo and sugar, add eggs and beat until light and fluffy. Add flour, soda and fruit cocktail and juice; mix well. Pour into greased 9x13" pan. Sprinkle topping on top and bake at 350° for 30 to 40 minutes or until cake tester comes out clean. Serve warm with whipped cream, or can put a powdered sugar glaze on top.

GOOFY CAKE

Barbara Frisbie

1 pound cake mix (yellow butter cake mix)
2 eggs
1 stick butter or oleo

Mix together and spread in ungreased pan. Mix together the following and pour on top of cake:

1 lb. powdered sugar
1-8 oz. pkg. cream cheese
2 eggs

Bake the above mixture at 325° for 30 minutes or until brown.

HAWAIIAN DREAM CAKE

Martha Gregg Holmes

2 C. sugar	2 C. flour
1 C. oil	1 tsp. soda
3 eggs	8 oz. can crushed pineapple
2 tsp. vanilla	2 C. grated carrots
2 tsp. cinnamon	1 C. chopped nuts
½ tsp. salt	1 C. coconut

Cream sugar, oil, eggs, vanilla, cinnamon and salt. Sift flour, soda and beat into creamed mixture. Add pineapple, carrots, nuts and coconut. Stir well. Bake in 9x13" pan at 375° for 10 minutes, then at 350° until done, about 30 minutes. May use cream cheese icing or your own favorite.

HUMMINGBIRD CAKE

Barb Frisbie
Rosanne Wilson

3 C. sifted flour	1½ C. oil
2 C. sugar (could use a little less)	3 lg. eggs, beaten
1 tsp. soda	1-8 oz. can crushed pineapple with juice
1 tsp. salt	1½ tsp. vanilla
1 tsp. cinnamon	½ C. nuts, optional
2 C. mashed bananas	

In large bowl, sift together flour, sugar, soda, salt and cinnamon. Add bananas, oil, eggs, vanilla, nuts and pineapple with juice, reserving a small amount of the juice for making glaze to pour over the cake. Stir into well greased and floured tube or bundt pan. Bake 1 hour and 15 to 20 minutes at 350°. Cool 10 to 20 minutes before turning out of pan. Glaze can be made with small amount of oil, juice and powdered sugar. Pour over warm cake.

NOTE: I've often made the cake by putting all of the pineapple juice into the cake and serving it without an icing.

IKE DAY CAKE

Gladys Lauver

½ C. butter	1 tsp. baking soda
2 C. sugar	⅔ C. cocoa
1 C. sour cream	½ C. boiling water
3 eggs, separated	1 tsp. vanilla
2½ C. sifted flour	¼ tsp. salt
1 tsp. baking powder (rounded)	

Sift dry ingredients. Cream shortening, slowly beat in sugar, add 3 egg yolks, vanilla and cocoa (that has been dissolved in boiling water.) Add flour alternately with moist ingredients. Then fold in stiffly beaten egg white. Bake at 350° for 20 to 30 minutes.

NOTE: This recipe was submitted October 2, 1956 for President Eisenhower's 66th birthday. His birthday falls on the 13th of October. It was his favorite cake.

IRON SKILLET APPLE CAKE

Barbara Frisbie

1½ C. flour	½ C. pecans or other nuts
½ tsp. salt	2 lg. apples, peeled, chopped
¼ tsp. nutmeg	1 tsp. baking powder
¼ tsp. cloves	1 C. sugar
½ tsp. cinnamon	1 beaten egg

Mix flour, baking powder, salt, cloves, nutmeg, cinnamon and sugar into medium size iron skillet, then combine salad oil, eggs, nuts and apples. Stir into dry ingredients and bake at 375° for 35 minutes. Can serve with Dream Whip or ice cream or by itself.

ITALIAN CREAM CAKE

Betty Fenton

½ C. margarine	1-3½ oz. can angel flake coconut
½ C. vegetable shortening	1 C. pecans, chopped
2 C. sugar	
5 eggs, separated	ICING:
2 C. flour	1-8 oz. pkg. cream cheese
1 tsp. soda	½ C. margarine
1 C. buttermilk	1 lb. powdered sugar
1 tsp. vanilla	1 tsp. vanilla

Cream margarine and shortening; add sugar and beat until mixture is smooth. Add egg yolks and beat well. Sift together flour and soda and add to creamed mixture alternately with buttermilk. Stir in vanilla; add coconut and pecans. Fold in stiffly beaten egg whites. Pour into 3 greased and floured 8" cake pans. Bake at 350° for 30 to 35 minutes, or until cake tests done. Cool. For icing, beat cream cheese and margarine until smooth; add sugar and mix well. Add vanilla and beat until smooth. Will frost 3 layers. Top with pecans, if desired.

LARGE WACKY CAKE

Mary Ellen Hobbs

3 C. flour
2 C. sugar
6 T. cocoa
½ tsp. baking powder
2 tsp. soda
10 T. oil or melted oleo
2 T. vinegar
2 tsp. vanilla
2 C. water

Sift dry ingredients into a greased 9x13" pan. Make 3 depressions in sifted mixture. In one hole, pour oil, in another put vinegar, and another put vanilla. Pour water over all and mix well. Bake at 350° for 30 minutes or until done in pan you mixed it in. Cool and ice with ½ cup flour, ½ cup sugar, 2 tablespoons cocoa, 1 teaspoon vanilla. Add cream as needed for spreading.

LEMON PUDDING CAKE

Eleanor Justus

1 box lemon cake mix
1-3½ oz. instant lemon pudding mix
1 C. water
4 eggs
⅓ C. salad oil

Mix about ingredients well with electric mixer. Bake in greased and floured 9x13" pan for 40 minutes at 350°. For frosting, mix 2 cups powdered sugar and 1 can frozen lemonade. Remove cake from oven and punch top with fork and pour frosting mixture over top and return to oven for about 5 minutes.

LOAF GINGER CAKE

Gladys Lauver

2 eggs
1 C. sugar
1 C. lard
1 C. molasses
1 C. hot water
1 tsp. soda
2½ C. flour
1 tsp. ginger
2 tsp. cinnamon

Cream lard and sugar. Add eggs, molasses and flour which has been sifted with soda and spices. Mix well. Then add hot water last. Blend well. Pour into greased and floured 8x10" pan. Bake at 350° for 45 minutes or until straw inserted in center comes out clean. You can tell this is an old recipe by use of lard, the only shortening available then. By the time I was making this "gingerbread" as we named it, I used butter, margarine or Crisco. Karo syrup instead of molasses. Also sometimes use toothpick, instead of straw. A clean straw plucked from the broom was available before we had toothpicks. So you know how old recipe is. I started using it about 63 years ago for family and friends.

MANDARIN ORANGE CAKE

Wilma Sturgeon

1 pkg. white cake mix
1 C. fine coconut
1 pkg. mixed fruit jello
1-11 oz. can mandarin orange sections, drained, chopped
4 eggs
½ C. mandarin orange juice
1 C. crushed pineapple
3 T. flour
⅔ C. salad oil

Place cake mix, flour, jello, egg, oil and juice in mixing bowl. Beat with electric mixer until smooth, remove beaters and stir in pineapple, orange slices and coconut. Pour batter in 9x13" pan. Bake 35 to 40 minutes at 350°. Cool and serve with 1 tub whipped topping, 1 cup drained, crushed pineapple and 1 package vanilla instant pudding.

OATMEAL CAKE

Dixie Willis McIlrath

1½ C. boiling water
1 C. quick oats
1 stick oleo

Pour boiling water over oats. Add oleo and cover. Let stand 20 minutes.

ADD:
1 C. brown sugar
1 C. white sugar
2 whole eggs
½ tsp. nutmeg
1½ C. flour
½ tsp. soda
½ tsp. baking powder
1 tsp. cinnamon
½ tsp. salt

Mix as instructed. Bake in large pan for 35 minutes at 350°.

TOPPING:
3 T. oleo
¼ C. (scant) cream or canned milk
½ tsp. vanilla
½ C. sugar
½ C. coconut
½ C. nuts

Mix. Spread on cake after baked and put under broiler until topping is brown, approximately 5 minutes.

OATMEAL CAKE

Betty Fenton

1 C. quick oatmeal
1¼ C. boiling water
1 stick oleo
1 C. white sugar
1 C. brown sugar
2 eggs
1⅓ C. flour
¼ tsp. salt
½ tsp. nutmeg
1 tsp. soda
1 tsp. cinnamon

Pour boiling water over oats and oleo and let stand 20 minutes. Beat sugars and eggs. Add remaining ingredients and mix well. Bake at 325° for 30 to 40 minutes or until cake tester comes out clean. While still hot, put topping over it and put under broiler to brown. Watch closely!

TOPPING:
6 T. oleo
½ C. sugar
½ C. Pet milk
1 tsp. vanilla
½ C. coconut
1 C. nuts

Cook over medium burner until begins to bubble and oleo is melted.

ORANGE SLICE CAKE

Vivian Gregg

1 C. shortening
1 C. brown sugar
1 C. white sugar
2 whole eggs
2 C. applesauce
4 C. flour
1 tsp. cloves
1 tsp. cinnamon
1 tsp. allspice
2 tsp. soda
1 C. nuts
2 C. raisins or dates
1 lb. orange slices, cut up

Cream shortening, sugar and eggs. Add applesauce. Sift together the dry ingredients, and add to the creamed mixture. Stir in the nuts, raisins or dates and orange slices. Grease and flour pan and bake in a low oven (250 to 300°). Bake about 2 hours if in a tube pan. If in 2 small loaves, bake about 1½ hours.

PIG CAKE

Sharon Colle's mother, Mary Hodge

CAKE:

1 pkg. yellow cake mix
1 can mandarin oranges with juice
4 eggs
1 stick oleo
¼ C. oil

Mix all above ingredients and pour into 9x13" pan. Bake according to mix directions.

TOPPING:

1 lg. box vanilla instant pudding
1 sm. can crushed pineapple
½ C. powdered sugar
1-8 oz. carton Cool Whip
1 C. coconut

Mix pudding, pineapple, powdered sugar and Cool Whip. Spread on cooled cake. Sprinkle with coconut.

PINA COLADA CAKE

Nola Charter

1 pkg. white cake mix
½ C. chopped nuts
½ C. coconut

Bake a white cake mix according to directions on box. Add to mix the nuts and coconut. When done, poke holes in cake. Pour pina colada over cake (except 2 tablespoons).

TOPPING:

Pina colada
½ C. nuts, chopped
1 C. coconut
9 oz. Cool Whip

Spread over top. Keep refrigerated.

POLY WHIPPED TOPPING

Mary Alice Hobbs

1 tsp. gelatin
2 tsp. cold water
3 T. boiling water
½ C. ice water
½ C. nonfat dry milk
3 T. sugar
3 T. oil

Chill a small mixing bowl. Soften gelatin with 2 teaspoons cold water, then add the boiling water, stirring until gelatin is completely dissolved. Cool until tepid. Place ice water and nonfat milk in the chilled mixing bowl. Beat at high speed until the mixture forms stiff peaks, add the sugar still beating, then the oil and the gelatin. Place in freezer for about 15 minutes, then transfer to the refrigerator until ready for use. Stir before using to retain a creamy texture.

POTATO CAKE

Rachel Alexander

1 C. butter or lard	2 tsp. vanilla
2 C. sugar	2 tsp. baking powder
1 C. nuts	½ tsp. cinnamon
1 C. mashed potatoes	½ tsp. cloves
½ C. sweet milk	½ tsp. nutmeg
½ C. melted chocolate	2 C. flour
4 eggs	

Mix as given. Bake at 350° for 30 minutes.

PUMPKIN CAKE ROLL

Lavergne Wilken

3 eggs	½ tsp. nutmeg
1 C. sugar	½ tsp. salt
⅔ C. pumpkin	
1 tsp. lemon juice	FILLING:
¾ C. flour	1 C. powdered sugar
1 tsp. baking powder	2-3 oz. pkgs. cream cheese
2 tsp. cinnamon	4 T. butter or oleo
1 tsp. ginger	½ tsp. vanilla

Beat 3 eggs on high speed of mixer for 5 minutes. Gradually beat in 1 cup sugar. Stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg and salt. Fold into pumpkin. Spread in greased 15x10x1" jellyroll pan. Top with walnuts. Bake at 375° for 15 minutes. Turn out onto towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together; cool. Unroll. Combine filling ingredients and beat until smooth. Spread over cake; roll. Chill.

QUICK CARAMEL FROSTING

Hattie I. Horton

½ C. butter	1 C. brown sugar
¼ C. milk or cream	1¾ to 2 C. powderd sugar

Melt butter, add brown sugar and cook over low heat for 2 minutes, stirring constantly. Add milk and continue stirring until mixture comes to a boil. Remove from heat and add powdered sugar; mix to right consistency to spread.

QUICK DEVIL'S FOOD CAKE

Carol Skellenger

3 C. flour
2 C. sugar
6 T. cocoa
2 C. lukewarm water
2 T. vinegar
½ tsp. salt
2 tsp. soda
⅔ C. salad oil
2 tsp. vanilla

Sift together dry ingredients into mixing bowl. Add liquid ingredients all at once. Stir well. Bake in greased 9x13" pan 25 to 30 minutes at 350°. Makes 15 nice servings. Punch holes in cake and frost with the following:

2 T. milk
½ stick oleo
2 T. cocoa
½ tsp. vanilla

Heat until melted. Add 1⅔ cups powdered sugar.

RAINBOW FREEZER CAKE

Norma Warn

1 angel food cake
1 sm. pkg. dry orange jello
1 sm. can mandarin oranges, drained
¾ gal. vanilla ice cream
1 sm. pkg. dry lime jello
1 can blueberries, drained
1 sm. pkg. dry strawberry jello
2 C. frozen strawberries, thawed, drained

Divide cake into thirds. Break into marshmallow size pieces. To the first ⅓ of cake, add dry orange jello and place in tube pan. On top of this, spread mandarin oranges. Top with ⅓ of ice cream (softened). To second ⅓ of cake, add dry lime jello. Place on top of ice cream in pan. Over this spread blueberries and another ⅓ of ice cream. To final ⅓ of cake add dry strawberry jello and place over ice cream in pan. Top with strawberries and another layer of ice cream. Put in freezer. Cake should be made several days ahead. To remove from pan, place in warm water for a second. Loosen edges and invert on plate. This should be done about 15 minutes before serving. Any leftovers can be returned to pan.

RASPBERRY-PINEAPPLE CHEESE CAKE
(DIABETIC)

JoAnn Lamb

3 C. lowfat cottage cheese
1-15½ oz. can crushed pineapple in its own juice
2 envelopes unflavored gelatin, softened in ½ C. cold water; then dissolved in top of double boiler
Artificial sweetener to equal ½ C. sugar
2 tsp. vanilla
½ C. evaporated milk

TOPPING:
1 C. fresh raspberries
1-3 oz. (small) pkg. sugar-free raspberry flavored gelatin

Place all cheesecake ingredients into blender and blend until smooth. Pour into a 9x9" non-stick pie pan. Place in refrigerator and chill until set. Meanwhile, dissolve raspberry gelatin according to directions on box; add raspberries and cool. When cold, pour over cheesecake and return to refrigerator and set until firm. Makes 8 slices.

EXCHANGES: 1½ lean meat, 1 fruit, 131 calories, 16 grams carbohydrates, 1 gram fat, 14 grams protein.

RAW APPLE CAKE

Ethyl Sterling

4 C. ground apples
2 eggs, unbeaten
1 C. nuts
1 tsp. cinnamon
2 C. flour
2 C. sugar
¾ C. oil
2 tsp. baking powder
1 tsp. salt

Mix all ingredients together and bake in a 9x13" pan at 350° for 35 to 40 minutes.

RED CARPET CAKE

Norma Warn

½ C. shortening
2 oz. red food coloring
2 tsp. cocoa
1 tsp. salt
2¼ C. flour, sifted
1 T. vinegar
1½ C. sugar
1 tsp. vanilla
2 eggs
1 C. buttermilk
1 tsp. soda

Cream shortening, sugar and eggs. Make a paste of coloring and cocoa. Add paste to cream mix. Add buttermilk, salt, flour alternately. Add vanilla. Beat until smooth. Add soda to vinegar (will foam so hold over bowl). Blend vinegar into batter, do not beat. Bake 25 to 30 minutes in 350° oven in 2 layer pans. When cool, split each layer.

RED CARPET FROSTING:
3 T. flour
1 C. sugar
1 C. butter or oleo
1 C. milk
1 tsp. vanilla

Cook flour and milk until thick, stirring constantly. Cool. Cream sugar, butter and vanilla. Add to cooked mix. Whip until well blended. Spread on layers and stack.

RED WALDORF CAKE

Grandma Elizabeth Hedrick
Submitted by Grandkids

½ C. shortening
1½ C. sugar
1 oz. red food coloring
2 heaping T. cocoa
2 eggs
1 tsp. soda
1 C. buttermilk
2 C. sifted flour
1 tsp. vanilla
1¼ tsp. salt
1 T. vinegar

Cream shortening and sugar; add eggs, coloring, cocoa, salt and vanilla. Add flour and buttermilk alternately. Beat well. Add soda in vinegar over bowl as it foams. Blend in good and slow. Bake in greased and floured pans at 350° for 25 to 30 minutes. Cool and cut both layers in 2; making 4 layers.

RED WALDORF CAKE FROSTING

Grandma Elizabeth Hedrick
Submitted by Grandkids

¼ C. flour
1 C. milk
⅛ tsp. salt
1 C. sugar
1 C. butter, room temperature
1 tsp. vanilla

Cook until very thick the first 3 ingredients, stirring constantly; cool. Cream sugar, butter and vanilla until fluffy. Add cool mixture. Mix until well blended. Should be like whipped cream. Put between and on top of the 4 layers.

RHUBARB CAKE

Mary Ellen Hobbs

1½ C. rhubarb (raw), cut fine
1½ C. brown sugar
½ C. shortening
1 egg
1 C. sour milk
1 tsp. soda
1 tsp. vanilla
2 C. flour

Mix in order given. Grease and flour 9x13" pan. Pour in, then take ½ cup sugar and 1 teaspoon cinnamon and sprinkle over cake. Bake 30 to 35 minutes in a 350° oven. Cinnamon and sugar makes your frosting.

SOUR CREAM CHOCOLATE CAKE

Esther Clark McCowan

1 C. heavy sour cream
1 C. sugar
1 tsp. vanilla
1¾ C. pastry flour
2 sqs. unsweetened chocolate
2 eggs
¾ tsp. salt
1 tsp. baking soda

Place sour cream, sugar, eggs, and flavoring in mixing bowl. Sift together dry ingredients and add to first mixture, beating until smooth. Add melted chocolate. Bake in 2 greased 9" pans at 375° for 25 minutes.

SOUR CREAM POTATO CHOCOLATE CAKE

Amy White

1 C. butter
2 C. sugar
4 egg yolks, beaten
3 C. flour
½ tsp. soda
1 tsp. baking powder
1 tsp. ginger
1 tsp. cinnamon
1 C. sour cream
2 sqs. unsweetened chocolate
1 C. hot mashed potatoes
1 C. raisins
1 C. chopped walnuts
4 beaten egg whites
1 tsp. vanilla

Cream butter, sugar, and egg yolks. Sift dry ingredients together and set aside. Add sour cream and dry ingredients alternately. Add melted chocolate, potatoes, nuts and raisins. Fold in beaten egg whites and vanilla last. Bake in 350° oven in three 8" round pans for 40 minutes or until a toothpick inserted in center of cakes comes out clean. Frost and fill with the following recipe.

ICING FOR SOUR CREAM POTATO CAKE:

1 C. cream or undiluted evaporated milk
1 C. sugar
3 egg yolks, beaten
1 C. chopped nuts
2 C. flaked coconut
1 C. butter

Cook cream, sugar and beaten egg yolks on top of stove until thick. Add butter and stir until it melts. Stir in nuts and coconut last. Fill and frost cake.

SPICE CAKE

Millie Hobbs

2 C. brown sugar
Scant ½ C. butter
2½ C. flour
1 C. sour milk
2 eggs
2 tsp. soda
½ tsp. cream of tartar
1 tsp. allspice
2 tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg

Mix all together. Bake at 350° for 30 minutes.

STRAWBERRY CAKE

Wanda Fountain

1 white cake mix
½ pkg. strawberries
½ C. water
1 pkg. strawberry jello
4 eggs
C. oil

ICING:
1 pkg. powdered sugar
¼ lb. butter or oleo
½ pkg. strawberries

Mix cake mix, jello, strawberries, eggs, water and oil. Pour in a 9x13" greased and floured pan. Bake at 350° for about 35 to 40 minutes. For icing, melt butter, add powdered sugar and strawbe[illegible] Allow cake to cool and ice.

SWEDISH NUT CAKE

Sheryl McVey

2 C. flour
2 C. sugar
C. chopped walnuts
1 tsp. vanilla
1½ tsp. soda
2 eggs
1-20 oz. can crushed pineapple and juice

ICING:
1-8 oz. cream cheese
2 tsp. vanilla
⅔ C. chopped walnuts
1 stick oleo
1 box or 2 C. powdered sugar

Mix the cake by hand. Lightly grease and flour a 9x13" pan. Bake at 350° for 35 to 40 minutes. Let cool and ice.

TEXAS CAKE

Susan Hobbs (Mrs. Brian Hobbs)

- 2 eggs
- 2 C. sugar
- 2 C. flour
- ½ C. buttermilk
- 2 sticks oleo
- 8 T. cocoa
- 1 lb. powdered sugar
- 2 tsp. vanilla
- 1 tsp. baking soda
- ½ C. pecan pieces

Combine 1 stick oleo, 4 tablespoons cocoa and 1 cup water in saucepan and bring to a rapid boil. Pour over sugar and flour (sifted together). Add ½ cup buttermilk which has been mixed with 1 teaspoon baking soda. Add 2 eggs and 1 teaspoon vanilla. Mix well. Pour into jellyroll pan. Bake at 400° for 25 minutes. 10 minutes before cake is done, combine 1 stick oleo, 4 tablespoons cocoa, 4 tablespoons buttermilk and bring to a boil. Add powdered sugar, 1 teaspoon vanilla and ½ cup pecan bits. Pour over cake while hot.

TURTLE CAKE

Barbara Frisbie

- 14 oz. pkg. vanilla caramels
- ⅓ C. evaporated milk
- 1 German chocolate cake mix
- ¾ C. margarine, melted
- 1 C. pecans
- 1 C. milk chocolate bits
- ¾ C. evaporated milk

Melt caramels in ⅓ cup evaporated milk on low temperature. Set aside. Mix cake mix, melted margarine, and ¾ cup evaporated milk. Pour ½ of cake batter in 9x13" pan sprayed with Pam. Bake 15 minutes at 350°. Spread melted caramel mix over top of hot cake, sprinkle milk chocolate chips on top of caramel mixture, then sprinkle pecans on top of chips. Pour remaining batter over all and bake 15 to 20 minutes at 350°. Let cool; cut into squares.

UGLY DUCKLING PUDDING CAKE

Betty Burch
Submitted by Mary Ellen Hobbs

- 1 pkg. yellow cake mix
- 1 pkg. jello lemon instant pudding
- 1-16 oz. can fruit cocktail including syrup
- 1 C. Baker's coconut
- 4 eggs
- ¼ C. oil

Mix together top ingredients and add last ½ cup firmly packed brown sugar and ½ cup chopped nuts. Blend all ingredients except brown sugar and nuts in large mixing bowl. Beat 4 minutes on medium speed. Pour into 9x13" pan. Sprinkle with brown sugar and nuts. Bake at 325° for 45 minutes or until cake springs back when lightly touched. Do not overbake!

BUTTER GLAZE: Combine ½ cup of each: oleo, sugar, evaporated milk in saucepan. Boil 2 minutes, stir in 1⅓ cups coconut.

UPSIDE DOWN CHOCOLATE CAKE

Alice Mummey Johanning

1 C. brown sugar	2 C. warm water
½ C. cocoa	12 marshmallows, cut into fourths
1 pkg. chocolate cake mix	Chopped nuts

In 9x13" cake pan, mix brown sugar, warm water and cocoa. Add marshmallows. Mix cake mix according to directions. Spoon batter over brown sugar mixture. Top with chopped nuts and bake at 350° for 40 to 45 minutes. May be served with whipped cream.

WALDORF ASTORIA CAKE

Sandra Culver Habermann

CAKE:

1½ C. sugar	1 oz. red food coloring
½ C. shortening	1 C. buttermilk
2 C. sifted flour	2 eggs
2 T. cocoa	1 tsp. vanilla
1 tsp. salt	1 tsp. vinegar
1 oz. water	1 tsp. soda

ICING:

1 C. milk	1 C. sugar
¼ C. flour	1 C. butter or margarine
⅛ tsp. salt	1 tsp. vanilla

For cake, combine sugar, shortening, flour, cocoa and salt. Pre-mix water and food coloring and ⅔ cup buttermilk in mixing bowl. Beat until well blended. Add eggs, remainder of buttermilk and vanilla. Beat 1 minute. Mix vinegar and soda. Stir into batter by hand. DO NOT BEAT. Pour into greased 9x13" pan. Bake 30 minutes at 350°. For icing, combine flour, salt and add milk gradually. Cook while stirring until thick. Cool and beat with mixer. Add sugar, butter or margarine with vanilla. Beat until fluffy. Spread on cake and garnish with nuts or coconut.

WET CHOCOLATE CAKE

Nola Charter

2 C. sugar	½ tsp. salt
⅔ C. cocoa	1 tsp. vanilla
2 eggs	1 tsp. lemon flavoring
⅔ C. shortening	1 level tsp. soda
1 C. sour milk	1 C. boiling water
2½ C. flour	

Mix all ingredients together except soda and water. Mix well. Add soda, then boiling water. Stir carefully to not splash batter. Batter will be thin. Bake in 9x13" floured pan or 2 smaller pans. Bake at 350 to 375° for 35 to 40 minutes. Large, moist cake freezes well.

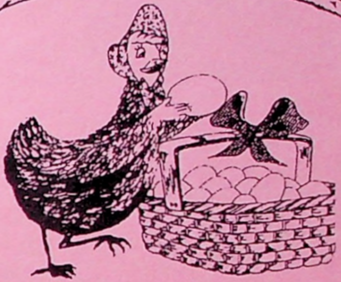
ZUCCHINI CAKE

Betty Fenton
Nola Charter

3 C. raw, grated zucchini
1½ C. cooking oil
3 C. sugar
3 C. flour
½ tsp. salt
4 eggs
2 tsp. baking powder
1½ tsp. cinnamon
1 C. chopped nuts
1 tsp. soda (last)
1 C. coconut, optional

Grease and flour large bundt or 9x12" cake pan. Beat sugar, oil, eggs. Mix flour and dry ingredients. Bake at 300° for 1½ hours or until cake is done. Makes a large cake and freezes well.

FROSTING: Combine 2 cups powdered sugar, 1 stick oleo or butter, 1 teaspoon vanilla, 1 small package cream cheese.



COOKIES
&
CANDIES

Cookies
Candies
&

200 CUT OUT COOKIES

Seth Warn

2 C. sugar
1 C. shortening
1 C. margarine
3 T. vanilla
1 C. buttermilk
½ tsp. soda
2 tsp. baking powder
6 to 8 C. flour

Mix with mixer first 7 ingredients. Add flour until mixture can be handled. Refrigerate for 1 hour. Roll and cut. Bake at 350° for 8 minutes. Makes 200 to 250 cookies.

AMISH SUGAR COOKIES

Ethyl Sterling

1 C. margarine
1 C. salad oil
1 C. white sugar
1 C. powdered sugar
2 eggs
1 tsp. vanilla
1 tsp. almond flavoring
4½ C. flour
1 tsp. baking powder
1 tsp. soda
¼ tsp. salt

Mix sugars and margarine until fluffy. Add oil, eggs, flavorings. Mix flour, baking powder, baking soda, salt. Mix dry ingredients and egg mixture. Bake at 350° for 10 minutes.

APPLE BALLS

Mrs. Dale Wells

¼ C. oleo
1 C. sugar
½ C. grated apple
1½ T. cocoa
1½ C. rolled oats
½ C. walnuts, chopped fine
½ tsp. vanilla
¼ tsp. salt

Melt oleo, add sugar, apple, cocoa and salt. Boil 1 minute quickly. Remove from heat and stir in oats, nuts and vanilla. Mix and drop by the teaspoon on waxed paper. When cool, form in balls and roll in powdered sugar. Store in tight container.

APPLE BUTTER COOKIES

Bernice Wilson

½ C. shortening
1¼ C. brown sugar
1 C. apple butter, stir in
  1 tsp. soda
½ tsp. salt
1 tsp. baking powder
½ C. milk
½ C. nuts
12 maraschino cherries

Mix together. Grease cookie sheet and drop by spoonful. Bake at 350° for 10 to 12 minutes.

APPLE RAISIN OAT BARS

Edith Wilson

1 C. quick oats
1 C. flour
1 tsp. salt
1 tsp. cinnamon
½ tsp. cinnamon
½ tsp. nutmeg
¾ tsp. soda
½ tsp. baking powder
⅓ C. margarine
1 egg
⅔ C. frozen apple juice concentrate
2 C. thinly sliced apples
½ C. raisins
½ C. nuts, if desired

Stir together oats, flour, salt, cinnamon, nutmeg, baking soda and baking powder. Then add margarine, egg and apple juice concentrate. Lastly, add apples, raisins and nuts. Bake in a 9x13" pan at 350° for 25 to 30 minutes.

APRICOT NUGGETS

Eva Marie Sterling Culver

1 lb. box confectioners' sugar
1 T. orange juice
1-11 oz. pkg. apricots, ground
6 T. melted margarine
½ tsp. vanilla
1 C. chopped pecans

Combine sugar, margarine, orange juice and vanilla. Add ground apricots. Knead in bowl until well mixed. Form into 1" balls. Roll in chopped nuts. Store in refrigerator or freezer in covered container. Flavor improves with storage. Makes 6 dozen.

VARIATION: Substitute 1½ cups shredded coconut for pecans.

AUNT MILDRED'S HERMITS

Mildred Cody

2 C. flour
¼ tsp. nutmeg
1 tsp. cinnamon
½ C. fat
½ C. brown sugar
⅓ C. sugar
2 eggs
1 C. nuts
2 tsp. baking powder
¼ tsp. salt
1¼ C. dates

Mix together. Drop by teaspoon on cookie sheet. Bake at 350° for 15 to 20 minutes.

BLARNEY STONES

Hattie Horton

1 C. sifted, all-purpose flour
1 tsp. baking powder
¼ tsp. salt
½ C. milk
2 T. butter
2 eggs
1 C. sugar
1 tsp. vanilla

ICING:
1 C. oleo
4 C. powdered sugar
1 tsp. vanilla
1¼ lbs. chopped peanuts

Sift together flour, baking powder and salt. Heat milk and butter until butter melts; keep hot. Beat eggs until thick and lemon colored, about 3 minutes on high speed with electric mixer. Gradually add sugar, beating constantly at medium speed for 4 or 5 minutes. Add sifted ingredients to egg mixture. Stir just until blended. Stir in hot milk mixture and vanilla. Blend well. Turn batter into greased and floured 9x9x2" pan. Bake at 350° for 25 to 30 minutes. Don't invert; cool in pan. Mix your icing and spread all sides of cake that you have cut into bars. Roll in ground up peanuts.

BLOND BROWNIES

Betty Fenton

2¼ C. brown sugar
⅔ C. oleo, melted
3 eggs
2¾ C. flour
½ tsp. salt
2½ tsp. baking powder
1-12 oz. pkg. chocolate chips
1 C. chopped pecans

Melt oleo over low heat and pour over brown sugar, mixing well with spoon. Cool slightly. Beat eggs in one at a time, beating well after each one. Stir in flour, salt, baking powder until well mixed. Add chocolate chips and nuts. Spread into greased jelly roll pan. Bake at 350° for 20 to 25 minutes or until done. Cool and cut into squares.

BROWNIES

Cindy Hobbs

2 C. sugar
½ C. shortening plus 3 T. margarine
4 eggs
½ C. milk
1⅓ C. flour
¾ C. cocoa
1 tsp. vanilla
½ tsp. salt
1 C. nuts

Combine sugar, shortening, margarine and eggs. Blend in flour, cocoa, milk and salt. Add vanilla and nuts. Bake at 325° in a large cookie sheet for 30 minutes. Frost while hot.

FROSTING:
½ stick margarine
4 T. cocoa
¼ C. milk

Heat until margarine melts. Add powdered sugar until thick enough to spread.

BROWNIES

Wanda Fountain

1 C. sugar	1 stick oleo
4 eggs	1 can chocolate syrup (1 lb.)
1 C. flour	½ tsp. baking soda
½ C. chopped nuts	1 tsp. vanilla

FROSTING:

6 T. oleo	1 tsp. vanilla
1½ C. sugar	½ C. chocolate chips
6 T. milk	

Cream together sugar and oleo. Add eggs and beat. Mix everything else together. Put in 16x11¾" pan. Bake at 300° for 35 minutes. While the cake is cooling, cook the frosting. Put everything in a pan. Bring to a boil. Boil for 1 minute. Remove from heat; add ½ cup of chocolate chips. Beat by hand until creamy.

BROWNIES

Helen Slifer

2 sticks oleo	1 C. sugar
4 eggs (add 2 at a time, beat)	Dash salt
1-1 lb. can chocolate syrup	1 C. chopped nuts
1 tsp. vanilla	1 C. plus 1 T. flour

Cream sugar, oleo and salt; add eggs. Then add remaining ingredients. Mix well, pour in a 14x10x2" pan. Bake at 350° for 30 minutes.

FROSTING: Bring to boil for 30 seconds 6 tablespoons milk, 1½ cups sugar, then all ½ cup chocolate chips. Stir until melted; then spread on brownies.

BROWNIES

Maxine Hoyle
from Ethel Warn

2 C. granulated white sugar	½ C. nuts, any kind
1 C. shortening (solid)	4 eggs
½ C. cocoa	1½ C. flour, unsifted
Dash salt	1 tsp. vanilla
1 tsp. baking powder	

Mix all ingredients at once, only until all is moistened. Do not overmix or beat. Dough will be stiff. Spread in 13x9x2" baking pan which has been greased and floured. Bake 25 minutes in 350° oven. Do not overbake. Drop pan on counter on removing from oven. Cool, then cut into serving pieces. Chocolate or butterscotch chips can be pressed into top of dough before baking.

CARROT COOKIES

Thelma Eldridge

¾ C. sugar
1 C. shortening
1 C. mashed carrots
1 beaten egg
2 C. flour
2 tsp. baking powder
½ tsp. salt

1 tsp. vanilla
1 tsp. lemon extract

FROSTING (frost while hot):
Juice of 1 orange
2 T. orange rind
Powdered sugar to thicken

Cream sugar and shortening. Mix in the next 5 ingredients and vanilla and lemon extract. Drop by spoonfuls. Bake at 350°. Cookies must use orange rind and frost while hot to make cookies taste good.

CHEWY COCONUT RAISIN COOKIES

Opal Frisbie

½ C. (1 stick) margarine
½ C. powdered sugar
1 C. plus 2 T. flour
2⅔ C. (7 oz.) Angel Flake coconut
2 eggs

1 tsp. vanilla
1 C. brown sugar
1 tsp. baking powder
⅔ C. raisins
½ C. semi-sweet chocolate chips

Cream margarine and powdered sugar until fluffy. Stir in 1 cup flour and ⅔ cup of the coconut. Press into ungreased 9" square pan and bake at 350° for 20 minutes or until golden brown. Beat eggs and vanilla. Gradually beat in brown sugar. Stir in 2 tablespoons flour and the baking powder. Stir in raisins and 1 cup coconut. Pour over crust, bake 30 minutes. Sprinkle with chips. Cover with foil 2 to 3 minutes until chips soften. Carefully spread to frost. Sprinkle with remaining coconut. Cool and cut into bars. Makes 25 bars.

CHOCOLATE CHIP COOKIES

JoAnn Gregg Mahoney

½ C. butter
½ C. shortening
1 C. sugar
½ C. brown sugar
1 egg
2 C. flour

1 tsp. cream of tartar
2 tsp. soda
½ tsp. salt
1 tsp. vanilla
2 C. chocolate chips

Cream butter, shortening, brown and white sugars. Add egg and beat until fluffy. Add combined flour, soda, cream of tartar, salt and vanilla. Mix well. Stir in chips and nuts, if desired. Drop by teaspoonfuls on cookie sheets. Bake 8 to 10 minutes at 375°. You can add cocoa for chocolate/chocolate chip cookies.

CHOCOLATE CHIP COOKIES

Grandma Hedrick and
Alex Gnadt

1 C. margarine
½ C. sugar
½ C. brown sugar
2 eggs
1 tsp. vanilla
2 C. unsifted flour
1 tsp. baking soda
½ tsp. salt
1-12 oz. pkg. chocolate chips

Preheat oven to 325°. Combine margarine sugar and brown sugar. Add eggs and vanilla. Gradually add combined dry ingredients. Mix well; stir in chocolate chips. Drop by teaspoonfuls onto cookie sheet. Bake 8 to 10 minutes.

CHOCOLATE OATMEAL COOKIES

Paula Hobbs

2 C. brown sugar
1¼ C. shortening
2 eggs
2 C. flour
1 tsp. baking soda
½ tsp. baking powder
¾ C. cocoa
2 tsp. vanilla
3 C. oatmeal
1 tsp. salt

Cream shortening and brown sugar; add eggs, mix thoroughly and add vanilla. Sift flour and measure; add baking soda, baking powder, cocoa and salt. Add 3 cups oatmeal. This will be stiff. Bake at 325° for 12 to 15 minutes.

CHOCOLATE PEANUT BUTTER BALLS

Judy Griffith

1 C. melted butter
1 lb. powdered sugar
1½ C. graham cracker crumbs
1 C. peanut butter
1 C. coconut

Mix together. Form into balls. Refrigerate overnight. Melt in double boiler 12 ounces chocolate chip, ⅓ stick paraffin. Roll balls in chocolate and cool on wax paper.

CHOCOLATE POTATO BROWNIES

Tricia McAllister

4 sqs. unsweetened chocolate
¾ C. margarine
1⅔ C. sugar
1 tsp. vanilla
¼ tsp. salt
4 eggs
1 C. mashed potatoes
1 C. flour
½ C. chopped nuts

Melt chocolate and margarine in saucepan on top of stove. While this mixture is cooling, cream the sugar, vanilla, salt and eggs together. Add chocolate mixture and mix well. Add potatoes, flour and nuts. Beat until creamy. Pour into greased and floured 9x12" cake pan and bake at 350° about 30 minutes or until the brownies are done. Do not overbake, as they should be chewy. Cool and sprinkle with powdered sugar.

CHOCOLATE STAR COOKIES

Thelma Eldridge

1 chocolate cake mix
1 C. peanut butter
1 C. rolled oats
2 eggs
½ C. milk
Package chocolate star candy

Mix and roll in 1" balls. Bake in 350° oven for 8 minutes. Take out. Put chocolate star on top of each cookie. Bake 2 more minutes.

CHOW MEIN NOODLE COOKIES

Betty Fenton

½ C. sugar
½ C. white syrup
1 C. peanut butter
1 can chow mein noodles

Cook sugar and syrup in saucepan until boils. Stir in peanut butter until smooth and add chow mein noodles. Drop by teaspoonfuls onto waxed paper. Cool. Makes about 3 dozen cookies.

CHRISTMAS COOKIES

Paula Hobbs

MIX THESE INGREDIENTS TOGETHER:
3 C. flour
2 C. sugar
4 eggs
½ C. lard
1 tsp. salt

MIX THESE TOGETHER:
1 C. sour cream
1 tsp. soda in 2 T. water
1 tsp. vanilla

Mix together, may have to use your hands cause this does get stiff. Roll dough out on floured board and make cookies out of cookie cutters. Bake at 350° for 8 to 10 minutes.

CHRISTMAS COOKIES

Betty Fenton

2½ C. sugar
1 lb. oleo
3 eggs, beaten
1 tsp. syrup or honey
1 tsp. soda
5 C. flour, sifted with soda
1 C. candied fruit
1 C. chopped pecans

Cream sugar and softened oleo together, add eggs and mix well. Stir in flour/soda mixture until well blended. Add fruit and nuts and roll in long rolls and refrigerate. Slice and bake as desired at 350° for 8 to 10 minutes. Dough can be made ahead and frozen. Is a rich, buttery cookie.

CONGO BARS

Bryan White

⅔ C. softened butter
½ C. brown sugar
1½ C. flour
6 oz. chocolate chips (1 cup)
½ tsp. salt
⅓ C. granulated sugar
1 egg
½ tsp. baking powder
1 tsp. vanilla

Mix butter and sugars, beaten egg and other ingredients together. Add chips. Grease 9x12" pan. Bake at 350° for 14 to 16 minutes.

CRANBERRY BARS

Stacy Skellenger

1½ C. flour
1½ C. quick oats
¾ C. packed brown sugar
1 tsp. lemon peel
¼ tsp. soda
¾ C. margarine, melted
1-16 oz. can cranberry sauce
½ C. finely chopped pecans

In a large mixing bowl, stir together flour, oats, brown sugar, lemon peel and baking soda. Stir in margarine and mix thoroughly. Reserve 1 cup of the mixture for the topping. Pat remaining oat mixture into an ungreased 12x7½x2" baking pan. Bake in a 350° oven for 20 minutes. Carefully spread cranberry sauce atop baked crust. Stir nuts into reserved oat mixture; sprinkle atop cranberry sauce. Bake for 25 to 30 minutes longer until top is golden. Cool on a wire rack and cut into bars. (161 calories each.)

DATE AND NUT NO BAKE SQUARES

Betty Fenton

1 C. sugar
1 stick oleo
1 C. dates, chopped
1 egg
1 C. chopped pecans
3 C. Rice Krispies

Cook sugar, oleo, egg and dates until smooth and thick. Take from stove, add nuts and Rice Krispies and mix well. Grease 8x8" square pan lightly and sprinkle with coconut. Spread mixture in pan and sprinkle with more coconut. Cool and cut into squares.

DATE AND NUT SQUARES

Melba Fossey

4 eggs
1 C. sugar
1 tsp. vanilla
1 C. flour
1 tsp. baking powder
1 tsp. salt
1 C. walnuts or pecans
1 C. diced dates, finely chopped

Heat oven to 325°. Grease pan (9x13"). Beat eggs until foamy. Beat in sugar and vanilla. Measure flour by sifting. Blend flour, baking powder and salt. Mix in walnuts and dates. Spread in greased pan. Bake 25 to 30 minutes. Cut into squares. Cool. Sift powdered sguar over top, lightly. Makes 18 squares (2").

DATE COOKIES

Marie Hungerford

1 lb. dates
¾ or 1 C. water
1 C. brown sugar
1 C. white sugar
3 eggs
1 tsp. vanilla
1 scant tsp. soda
1 heaping tsp. baking powder
4 C. flour
½ C. butter or oleo
½ C. shortening

Chop dates, then cook with water, until creamy mixture. Cool and set aside. Cream sugars, oleo and shortening. Add eggs, one at a time, beating after each. Add vanilla. Stir in flour and soda and baking powder. Roll out dough, cover with date mixture and roll up. Refrigerate rolls. After cooled, slice and bake in 350° oven for 12 minutes.

DATE DROP COOKIES

Betty Fenton

½ C. shortening
1 C. brown sugar
2 eggs
1 tsp. soda
¼ C. hot water
2 C. flour
½ C. chopped pecans
1 C. chopped dates

Cream shortening and sugar, add eggs. Dissolve soda in hot water and add. Stir in flour, nuts and dates. Drop by teaspoonfuls on greased cookie sheet. Bake at 350° about 10 minutes. Makes approximately 3 dozen cookies.

DATE ROLL

Eolia Corington

1 lb. graham crackers	1 C. nuts
1 lb. marshmallows	1 C. cream
1 lb. dates, pitted	

Roll crackers fine. Chop fine or grind marshmallows, dates and nuts. Combine all ingredients and knead. Make in a roll and roll in powdered sugar. Let stand in refrigerator at least 24 hours before serving. Cut in ¼" slices and serve as a cookie.

NOTE: This keeps in refrigerator for several weeks. Eolia made it each year and brought to Hg. Co. for Christmas.

DIABETIC BARS

LaVergne Wilken

1 C. dates, cut up	2 eggs
1 C. prunes, cut up	1 C. flour
1 C. raisins	¼ tsp. salt
1 C. water	½ tsp. cinnamon
½ C. oleo	1 tsp. vanilla
1 tsp. soda	¼ C. nuts

Bring to a boil the dates, prunes, raisins and water. Cool for 5 minutes. Add rest of ingredients. Pour into 9x13" pan. Bake 25 minutes at 350°. May sprinkle top with coconut, if desired.

EASY FUDGE NUT BROWNIES

Joan Peyton
(Melba Fossey's niece)

Mix together 2 cups sugar and ½ cup cocoa. Mix in 1⅓ cups flour and a dash of salt. Melt 1 cup (2 sticks) margarine and pour over flour mixture. Mix well. Add 4 eggs and 1 tablespoon vanilla. Mix well. Pour mixture into greased 9x13" pan. Top with nuts. Bake at 350° for 25 to 30 minutes.

ESKIMO COOKIES (NO BAKE)

Paula Hobbs

¾ C. butter	1 tsp. vanilla
¾ C. sugar	3 T. cocoa
1 tsp. water	2 C. rolled oats

Combine all ingredients in bowl. Roll in small balls and set in refrigerator. After 12 to 24 hours, they will be ready to serve. Keep in refrigerator at all times.

FILLED COOKIES

Bernice Wilson

1 C. sugar
½ C. shortening
1 egg
½ C. milk
3½ C. flour
2 tsp. cream of tartar
1 tsp. soda
1 tsp. vanilla

FILLING:
1 C. raisins
½ C. sugar
½ C. water
1 T. flour

Cream shortening and sugar; add eggs and vanilla. Add dry ingredients and milk, mixing thoroughly. Prepare filling by boiling all ingredients until thick; cool. Roll out dough and cut with cookie cutter. Arrange half of cookies on a greased cookie sheet. Place 1 teaspoon filling on each and top with remaining cookies. Press edges together with fork. Bake at 350° for 10 minutes. `

FIVE STAR COOKIES

Barbara Frisbie

1½ C. sifted flour
½ C. margarine
½ C. brown sugar

Combine ingredients; pat well into 9x13" pan. Bake for 10 minutes at 275°.

FILLING:
2 eggs, beaten
1 C. brown sugar
1 C. flaked or shredded coconut
1 C. chopped nuts
2 T. flour
½ tsp. baking powder
½ tsp. salt
½ tsp. vanilla

Combine ingredients; spread on top of baked mixture. Bake at 350° for 15 to 20 minutes.

FROSTING:
1 C. confectioners' sugar
2 tsp. vanilla or lemon flavoring
1 T. butter

Combine and spread on bars while still warm. Makes twenty 2" bars.

FORGOTTEN COOKIES

Wanda Fountain

2 egg whites
¾ C. sugar
1 C. chocolate chips
1 tsp. vanilla
1 C. chopped nuts

Beat egg whites until stiff, add sugar, beat until stiff and shiny. Add vanilla, nuts and chocolate chips. Drop by teaspoonfuls onto greased cookie sheet and preheat oven to 350°. Place cookies in oven, then turn off heat and forget until oven is cool. Makes 40 to 48 small cookies.

GINGERSNAP COOKIES

Mary Bowlby

¾ C. shortening
1 C. sugar
1 egg
¼ C. molasses
2 C. flour
1 tsp. cinnamon
1 tsp. cloves
1 tsp. ginger
¼ tsp. salt
1 tsp. baking soda

Cream first 4 ingredients. Then add dry ingredients. Roll into balls, then roll in granulated sugar. Bake 15 to 18 minutes at 375°. This recipe makes at least 6 dozen small cookies.

GRANNY'S COOKIES

Betty Fenton

½ C. brown sugar
½ C. white sugar
½ C. shortening or oleo
1 egg
1 tsp. vanilla
1 C. flour
½ tsp. soda
½ tsp. baking powder
1 C. quick oats
½ C. coconut
½ C. chopped nuts

Mix sugars and shortening until creamy. Beat in egg and vanilla. Stir in flour, soda, baking powder mixture until well mixed. Mix in oatmeal, coconut and nuts. Drop by teaspoonfuls onto greased baking sheet. Bake at 350° for 8 to 10 minutes until golden brown. Makes approximately 3 dozen cookies.

GUMDROP COOKIES

Martha Christie
Betty Fenton

1 C. shortening
1 C. brown sugar
1 C. white sugar
2 eggs, well beaten
2 C. flour
¼ tsp. salt
1 tsp. soda
1 tsp. baking powder
2 C. quick oats
1 C. chopped gumdrops
1 C. coconut
Nuts, optional
1 tsp. vanilla

Cream shortening and sugars together. Mix in beaten eggs. Beat well. Stir in flour, salt, soda and baking powder. Add vanilla, then oatmeal, gumdrops and coconut. Mix well. Make into balls and dip into milk. Put on cookie sheet and press with fork. Bake at 350° for 8 to 10 minutes until golden brown. Makes about 5 dozen cookies. Can substitute chopped orange slice candy for gumdrops.

HONEY BARS

Mary Bowlby

1¾ C. flour
1 C. brown sugar
¼ C. melted butter or oleo
½ C. honey
2 eggs
¼ C. nuts
¼ tsp. soda
½ tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. allspice
Pinch of salt

Mix all ingredients until smooth. Pour in ungreased 9x13" pan. Bake at 350° until toothpick comes out clean. Cut into squares when cool and roll in powdered sugar.

ICEBOX COOKIES

Eva Shuler

1 lb. butter (½ margarine, ½ butter)
2½ C. sugar
2 eggs
1 T. white corn syrup
1 tsp. soda
5 C. sifted flour
1 tsp. vanilla
1 C. chopped nutmeats

Roll in waxed paper. Chill refrigerator. Cut and bake at 350°. For Christmas cookies, add red and green cherries in small pieces. This makes a lot of cookies.

ICEBOX OATMEAL COOKIES

Shandy (Gardner) Davis

CREAM:
1 C. shortening and 2 eggs

ADD:
1 C. brown sugar
1 C. white sugar

Mix well.

ADD:
1 C. coconut
2 C. quick rolled oats
1 tsp. vanilla
1 tsp. soda
½ C. chopped walnuts
1½ C. flour
1 tsp. salt

Beat until smooth. Make into about 5 rolls about 8 to 10" long. Wrap in waxed paper and place in refrigerator 24 hours. To bake, make slices ½" thick, place on greased cookie sheets. Bake at 350° for about 10 to 15 minutes. Place 2" apart as they spread as they bake.

LEMON PECAN DAINTIES

Mary Alice Hobbs

½ C. shortening
1 C. sugar
1 egg
1 T. lemon juice
2 C. sifted flour
⅛ tsp. salt
1 tsp. baking powder
½ C. finely chopped pecans

Thoroughly cream shortening and sugar; add egg and lemon juices. Beat well. Add sifted dry ingredients; mix well. Stir in nuts. Shape in rolls; wrap in waxed paper; chill thoroughly. Slice very thin. Bake on greased cookie sheet at 400° for 10 to 12 minutes. Makes 4 dozen cookies.

MARSHMALLOW COOKIES

Wanda Fountain

1 can Eagle Brand milk
18 oz. chocolate chips
1 C. walnuts
2 T. vanilla
1 lg. pkg. marshmallows
1 jar marshmallow creme
⅛ tsp. salt

In a double boiler put milk, chocolate chips, and marshmallow creme. Cook just enough to blend. Add nuts, salt, vanilla. With 2 forks, dip marshmallows in chocolate mixture and place on waxed paper to set.

MONSTER COOKIES

Loyd Bailie

6 eggs
2¼ C. brown sguar
2 C. white sugar
½ T. vanilla
½ T. corn syrup
4 T. soda
½ lb. butter
24 oz. peanut butter
9 C. oatmeal
½ lb. chocolate chips
½ lb. M & M's

Mix in order given. Drop by ice cream scoop onto cookie sheet. Mash flat. Put 6 cookies to a sheet. Bake at 350° for 12 minutes. DO NOT OVERBAKE!

MOUNDS BAR

Wilma Sturgeon

FIRST PART:

2 C. graham cracker crumbs
½ C. melted butter
¼ C. white sugar

Mix until crumbly and pat in 9x13" pan. Bake 10 minutes at 350°.

SECOND PART:

7 oz. can angel coconut
1 can Eagle Brand milk

Mix together and pour over baked crust. Bake 15 minutes at 350°.

FROSTING:

1 T. peanut butter (can use more)
1 lg. pkg. (12 oz.) chocolate chips

Melt chips and peanut butter over hot water and spread over baked bars while bars are hot.

MRS. FIELD'S COOKIES

Mary Alice Hobbs

1 C. oleo
1 C. white sugar
1 C. brown sugar
2 eggs
1 tsp. vanilla
2 C. flour
2½ C. oatmeal (1 minute type)
½ tsp. salt
½ tsp. soda
1 tsp. baking powder
12 oz. pkg. chocolate chips bits
½-8 oz. Hershey plain candy bar, chopped
1½ C. chopped English walnuts

Cream oleo and sugars until smooth. Add eggs, one at a time, then blend. Add vanilla and blend. Mix all the dry ingredients together well and add to the above mixture. Add this in 3 parts. Blend. Add chocolate chips, chocolate and nuts. Mix well. Dough will be stiff. Place a small amount on the cookie sheet in a ball or circle shape and press down slightly with a teaspoon. Bake at 325 to 350° for 12 to 14 minutes until golden brown. Makes 60 to 80 medium size cookies.

NEIMAN-MARCUS

Jo Thompson

4 eggs	1 tsp. vanilla
2 C. butter	5 C. oatmeal (blend fine)
2 C. sugar	4 C. flour
2 C. brown sugar	24 oz. chocolate chips
1 tsp. salt	18 oz. Hershey bar, grated
1 tsp. baking powder	3 C. nuts, any kind
1 tsp. baking soda	

Cream butter, eggs and sugar together. Put oatmeal in blender (fine). Then combine sifted dry ingredients. Add remaining ingredients with creamed and sifted ingredients. Drop by spoonfuls on greased cookie sheet and bake for 6 minutes at 375°.

NO BAKE COOKIES (CHOCOLATE)

Paula Hobbs

Stick oleo	½ C. milk
2 C. sugar	½ C. peanut butter
3 T. cocoa	3 C. oatmeal

Melt a stick of oleo in saucepan; add sugar, cocoa and milk. Bring to a boil for 1 minute. Then add peanut butter and oatmeal AFTER taken off fire. Drop by teaspoon onto waxed paper.

OATMEAL COOKIES

Mrs. Harding (former Pastor's wife)

1 C. sugar	½ box raisins
1 C. butter or lard	½ tsp. allspice
2 eggs	1 tsp. cinnamon
1 C. sour milk	½ tsp. cloves
1 tsp. soda (in milk)	½ tsp. ginger
2 C. rolled oats	½ tsp. nutmeg
2 C. flour	

More flour may be added to make batter stiff enough. Drop batter from spoon in greased pan to bake. Bake at 350° for 8 minutes.

OATMEAL COOKIES

Mildred Cody

1 C. sugar	½ C. nuts
1 C. lard	¾ C. milk
1 egg	2 C. flour
1 tsp. soda	2 C. oatmeal
1 tsp. salt	

Dissolve soda in milk. Mix rest of ingredients together and drop by teaspoon onto cookie sheet. Bake at 350° for 10 to 15 minutes.

OATMEAL-CARROT COOKIES

Mary Alice Hobbs

¾ C. margarine or butter
1¾ C. flour
¾ C. packed brown sugar
½ C. granulated sugar
1 egg
1 tsp. baking powder
½ tsp. cinnamon
¼ tsp. baking soda
¼ tsp. cloves
1 tsp. vanilla
2 C. rolled oats
1 C. finely shredded carrots
½ C. raisins, optional

Mix margarine or butter until softened. Add about half of the flour, the brown sugar, sugar, egg, baking powder, cinnamon, baking soda, cloves and vanilla. Beat until combined, then stir in remaining flour. Stir in oats, carrots and raisins. Drop dough by rounded teaspoons 2" apart on an ungreased cookie sheet. Bake at 375° for 10 to 12 minutes or until edges are golden.

OATS IN JAM SQUARES

Betty Fenton

1½ C. quick oats
¾ C. margarine, softened
1½ C. flour
1 tsp. baking powder
1 C. brown sugar
1 C. jam (any kind)

Mix dry ingredients together. Blend in margarine until crumbly. Put half in greased 9x13" cake pan. Spread with jam. Cover with remaining mixture. Bake 35 minutes at 350°. Cool and cut into squares. Any kind of jam may be used. My family prefers apricot or strawberry.

PANECIL LOS BORRACHITOS

Tricia McAllister

1 C. shortening
⅔ C. sugar
2 egg yolks
⅓ tsp. salt
3 C. flour, sifted
Dry red wine
Cinnamon
Sugar

Cream the shortening with sugar; add the egg yolks and salt. Add flour alternately with enough wine to make a soft cookie dough. Roll out on lightly floured board. Cut into desired shapes. Bake at 375° for 10 minutes. Sprinkle on cinnamon and sugar while hot.

PEANUT BUTTER CHEWS

Mrs. Howard Park

1-12 oz. butterscotch chips
1 C. crunchy style peanut butter
5 C. Buy and Save cornflake cereal
1 C. miniature marshmallows
1 C. raisins

In 2-quart saucepan, melt butterscotch chips and peanut butter over low heat, stirring occasionally (4 to 5 minutes). In 3-quart bowl, pour peanut butter mixture over cornflakes, marshmallows and raisins, stirring until all flakes are coated. Press into a 9x13" buttered baking pan. Cool completely in refrigerator. Cut into bars. Makes 36 bars.

*1 cup dry roasted peanuts can be added.

PEANUT BUTTER COOKIES

Edith Wilson

½ C. butter, margarine or shortening
½ C. white sugar
½ C. brown sugar
1 egg, well beaten
1 tsp. soda
½ C. peanut butter
1¼ C. flour
¼ tsp. salt

Cream butter, sugars and peanut butter. Add egg. Sift flour, soda and salt and flour mixture to creamed ingredients. Form into balls the size of walnuts. Place onto greased baking sheet. Flatten with fork. A criss-cross design looks attractive when baked. Bake at 325° for 11 to 14 minutes or until done. Makes 2 dozen.

PEANUT-HERSHEY BLOSSOMS

Seth Warn

1¾ C. flour
1 tsp. soda
½ tsp. salt
½ C. sugar
½ C. firmly packed brown sugar
½ C. shortening
½ C. peanut butter
1 egg
2 T. milk
1 tsp. vanilla
48 candy kisses

Combine all ingredients, except chocolate kisses, in a bowl. Mix on lowest speed until dough forms. Shape dough into balls, using a rounded teaspoonful for each. Roll balls in sugar; place on ungreased cookie sheets. Bake at 375° for 10 to 12 minutes. Top each cookie immediately with candy kiss. Press down firmly so cookie cracks around edge.

PECAN PRALINES

Betty Burch
Submitted by Mary Ellen Hobbs

1 C. light brown sugar	½ lb. pecans
1 C. sugar	5 T. water
1 T. butter	

Combine sugar, water and butter. When mixture begins to boil rapidly, add pecans. Boil, stirring constantly until mixture forms large bubbles on top and looks sugary. Remove from fire. Drop by tablespoon onto well buttered marble slab, platter or waxed paper.

PINEAPPLE BARS

Gladys Lauver

1 C. sifted flour	½ C. sugar
1 C. quick oats	1 egg, beaten
½ C. shortening	⅔ C. crushed pineapple, drained (save juice)
½ tsp. soda	

Put all ingredients in bowl together. Mix thoroughly. Spread on greased cookie sheet (9x13"). Bake at 350° for 30 minutes (20 enough in my oven). Make glaze of pineapple juice and powdered sugar (about 1 cup). Spread over cookies while hot. Cut into bars. Nice and moist.

POOR MAN'S COOKIES

Betty Fenton

1 C. raisins	1 tsp. cinnamon
2 C. water	1 tsp. allspice
1 C. sugar	1 tsp. cloves
½ C. oleo	½ tsp. salt
2 C. flour	1 egg
1 tsp. soda	

Boil raisins and water until 1 cup liquid remains. In mixing bowl, put 1 cup sugar, oleo, raisins and water. Let cool. Add dry ingredients and mix well. Add egg and beat. Bake at 375° about 20 minutes or until toothpick inserted in center comes out clean. Cool and slice into bars.

POTATO CAKE BROWNIES

Karla McAllister

2 sqs. unsweetened chocolate
¾ C. margarine
1⅔ C. sugar
1 tsp. vanilla
¼ tsp. salt
4 eggs
1 C. mashed potatoes
1 C. flour
½ tsp. baking powder
½ C. chopped nuts

Melt chocolate and margarine in saucepan on top of stove or in a glass dish in microwave. Cool. Cream sugar, vanilla, salt, eggs. Mix well. Add chocolate mixture and potatoes, flour, baking powder and nuts. Beat until creamy. Pour into greased and floured 9x11" cake pan. Bake at 350° about 30 minutes or until done.

ICING:
1 C. powdered sugar
2 T. hot coffee
1 T. cocoa
1 tsp. vanilla

Mix together and spread on top of cake.

PRALINE SQUARES

Evelyn Clayton
(Barb's mom)

1¾ C. margarine, room temperature
1½ C. light brown sugar, packed
¼ C. granulated sugar
Yolk of 1 lg. egg
1 tsp. vanilla
½ tsp. salt
2 C. flour
1 C. chopped pecans or walnuts

Heat oven to 350°. In medium sized bowl, beat 1 cup margarine, ¾ cup brown sugar and granulated sugar until creamy. Beat in egg yolk, vanilla and salt. Stir in flour and ½ of nuts. Press dough evenly into 15x10" pan. Bake 15 minutes. In small saucepan, combine remaining ¾ cup margarine and brown sugar. Bring to boil, boil 3 minutes. Stir constantly. Remove baking pan from oven. Prick all over with a fork. Pour sugar-syrup over dough. Spread quickly. Bake 5 minutes longer. Remove from oven, place on wire rack and sprinkle with remaining ½ cup nuts. Cool completely, 15 minutes in pan. 44 calories per squares.

PUMPKIN BARS

Louise Sherbert
Melba Cody Frank

- 1 C. oil
- 2 C. sugar
- 1 lg. can pumpkin
- 4 eggs
- 2 C. flour
- 2 tsp. baking powder
- ½ tsp. salt
- 1 tsp. soda
- 2 tsp. cinnamon

CREAM CHEESE FROSTING:

- 3 oz. cream cheese, room temperature
- 1 tsp. vanilla
- ¾ stick margarine
- 1 tsp. cream
- 1¾ C. powdered sugar

Mix all ingredients and bake in greased jellyroll pan at 350° for 25 minutes. When cool, frost with cream cheese frosting. For frosting, mix all ingredients until smooth and spread on cake. Cut into bars when set.

S'MORE COOKIE BARS

Barb Frisbie

- ½ C. margarine
- ¾ C. sugar
- 1 egg
- 1 tsp. vanilla
- 1⅓ C. flour
- ¾ C. graham cracker crumbs
- 1 tsp. baking powder
- ¼ tsp. salt
- 4 (1.65 oz.) milk chocolate bars
- 1 C. marshmallow creme

Cream margarine and sugar until fluffy. Beat in egg and vanilla. Combine flour, cracker crumbs, baking powder and salt, add to creamed mixture. Spread ½ of dough in 8" square pan. Arrange candy bars. Cover with marshmallow creme (carefully) to form layer. Scatter bits of remaining dough over marshmallow layer. Bake at 350° for 30 minutes or until done. Cool. Cut into 16 bars.

SALTED PEANUT COOKIES

Cleo Griffith

- ¾ C. brown sugar
- ¾ C. white sugar
- 1 C. shortening
- 2 eggs
- 1 C. salted peanuts
- 1 C. crushed cornflakes

SIFT TOGETHER:

- 2 C. flour
- 1 tsp. baking powder
- 1 tsp. soda
- 1 C. oatmeal
- 1 C. coconut
- 1 tsp. vanilla

Cream shortening and sugars. Add eggs. Add dry ingredients and mix. Shape into balls. Bake at 375° for 8 to 10 minutes.

SESAME LACE COOKIES (DIABETIC)

Amanda Lamb

5 T. margarine, melted, cooled
3 T. sugar
2 T. cornstarch
2 T. sesame seeds
1 T. plus 1½ tsp. plain dry bread crumbs
1 tsp. vanilla extract

Preheat oven to 375°. In a bowl, stir all ingredients together until smooth. Drop by teaspoons onto a baking sheet, 4" apart. Bake for 7 to 8 minutes until lacey and golden. Let cookies cool on baking sheet out of the oven for 3 minutes or until easy to lift with a thin metal spatula onto a cooling rack. These are very delicate, so handle carefully. Makes about 24 cookies.

2 cookies equals ½ fruit and 1 fat exchange, contain 68 calories, 6 grams carbohydrates, trace protein, 5 grams fat, 44 mg. sodium, and no cholesterol.

SEVEN LAYER BARS

Paula Hobbs

¼ C. butter
1 C. graham cracker crumbs
1 C. coconut
16 oz. pkg. chocolate chips
16 oz. pkg. butterscotch chips
1 can Eagle Brand milk
1 C. nuts

Melt butter in 9x13" pan. Sprinkle crumbs over butter. Sprinkle on coconut, then chocolate chips and butterscotch chips. Pour milk over top. Sprinkle nuts on top. Bake at 350° for 30 minutes. Check after 20 minutes, may be done.

SKILLET COOKIES

Betty Houston

1-8 oz. pkg. pitted dates
½ C. flaked coconut
½ C. sugar
4 T. butter or margarine
1 beaten egg
Dash salt
1½ C. Rice Krispies
½ C. walnuts
1 T. vanilla
2 jars red sugar

In skillet, combine dates, coconut, sugar, butter, egg and salt. Cook and stir over medium-low heat until mixture thickens and bubbles, about 5 minutes. Remove from heat and stir in nuts, vanilla and cereal. Cool 10 minutes and form into strawberry of cherry shape (1 tablespoon for each form). Moistened fingers make it easier. Roll in red sugar and add green frosting leaf or artificial stem. Makes approximately 30 cookies.

SNICKERDOODLES

Willie Taylor
Sam Casey
LaVergne Wilken

CREAM TOGETHER:
1 C. shortening
1½ C. sugar
2 eggs

ADD:
2¾ C. flour
2 tsp. cream of tartar
1 tsp. soda
½ tsp. salt

Roll in balls the size of a small walnut. Roll balls in cinnamon and sugar (2 tablespoons sugar, 1 tablespoon cinnamon). Bake at 400° for 8 to 10 minutes. Very slightly brown. Do not overcook. Bake on ungreased cookie sheet.

SOFT SUGAR COOKIES

Ruby Houston

1½ C. sugar
2 eggs
½ C. sour cream
2½ C. flour plus 1 T.
½ tsp. salt
½ C. shortening
½ C. milk
1 tsp. vanilla
1½ tsp. baking powder
½ tsp. soda

Cream the shortening and sugar together until light and fluffy. Add eggs, one at a time, beat after each addition. Add the liquids (milk, vanilla and the sour cream in which the soda has been dissolved). Stir in the sifted dry ingredients. Drop by heaping teaspoons onto a greased cookie sheet. Sprinkle sugar on cookies before baking. Bake in 425° oven for 6 to 8 minutes. Makes 4 dozen cookies.

SPECIAL K BARS

Paula Hobbs

1 C. sugar
1 C. white Karo syrup
1 C. chopped nuts
1-6 oz. pkg. butterscotch chips
1½ C. peanut butter
4 C. Special K cereal
1-6 oz. pkg. chocolate chips
1 C. coconut

Mix together sugar and Karo. Bring to a slow boil, enough to dissolve the sugar until clear. Add peanut butter to sugar mixture. In another bowl, put coconut, nuts and Special K; mix well. Pour syrup mixture over this and mix well again. Spread on buttered cookie sheet. Melt chocolate and butterscotch chips together. Spread over bars; put in refrigerator 10 minutes; cut in bars. Keep refrigerated.

SPRITZ COOKIES

Lynn Landis

1 lb. butter	½ C. grated almonds
¾ C. sugar	1 tsp. almond extract
1 egg yolk, well beaten	4 C. flour

Cream butter and gradually add sugar. Mix in egg, almonds, extract and finally the flour. Chill dough in refrigerator. Force through a cookie press onto an ungreased baking sheet. Bake at 350°. Watch carefully so cookies do not brown too much.

SUGAR COOKIES

Jim and Larry McVey

1 C. powdered sugar	1 C. oleo
1 C. oil	2 eggs
4½ C. flour	1 C. sugar
1 tsp. baking soda	1 tsp. cream of tartar
1 tsp. vanilla	

Cream together butter and both sugars. Beat in eggs and oil. Add all remaining ingredients. Make into small balls and flatten with fork. Bake at 375° or 10 to 12 minutes. If you like, you can decorate with colored sugars before baking.

SUGAR COOKIES

Daisy Cody

¾ C. shortening (butter)	1 egg
¾ C. sugar	1 T. milk
1 tsp. vanilla	2 C. sifted flour
½ tsp. grated orange peel or ½ tsp. nutmeg	1½ tsp. baking powder
	3 tsp. salt

Thoroughly cream the butter, sugar and orange peel. Add egg. Beat until light and fluffy. Stir in the milk. Sift together the dry ingredients. Blend into creamed mixture. Chill 1 hour. Divide the dough in half, roll one half at a time. Bake at 375° for 8 to 10 minutes.

SUGAR COOKIES

Mary Alice Hobbs

1 lb. Imperial margarine	4½ C. flour
2 C. sugar	1 tsp. soda
1 egg	⅛ tsp. salt
2 tsp. vanilla	

Cream margarine and sugar. Add eggs and vanilla. Sift dry ingredients and add to sugar mixture. Refrigerate for a few minutes. Roll into balls the size of walnuts. Flatten with fork. Grease pans. Bake 8 to 10 minutes. (Be sure to use Imperial.)

SWEET YUMMY COOKIES

Helen Wells

1 pkg. yellow cake mix	1 stick oleo
3 eggs	1 lb. powdered sugar
1-8 oz. cream cheese, softened	

Mix cake mix, oleo and 1 egg. Press in bottom of 9x13x2" pan. Beat 2 eggs, powdered sugar and cream cheese. Pour over cake mix. Bake at 350° for 40 to 50 minutes.

TURTLE BROWNIES

Susan Griffith

1-14 oz. pkg. caramels	¾ C. softened margarine
⅔ C. evaporated milk	1 C. nuts (walnuts and/or pecans)
1 box German chocolate cake mix	12 oz. semi-sweet chocolate pieces

Combine caramels and ⅓ cup evaporated milk on top of double boiler. Stir mixture until melted. Combine cake mix, remaining milk and softened margarine. Blend until mixture holds together. Stir in nuts. Press ½ of cake mixture in a greased 9x13" pan and bake for 6 minutes at 350°. Remove from oven and sprinkle with chocolate pieces on top. Pour melted caramel evenly over top. Crumble remaining mix over caramel and bake at 350° for 15 to 20 minutes. Cool slightly and cut into bars.

TWELVE EGG SUGAR COOKIES

Thelma Eldridge

1 C. sugar	2 tsp. lemon flavoring
1 C. brown sugar	3½ C. flour
1½ C. shortening	½ tsp. salt
12 egg yolks	2 tsp. soda

Cream sugars and shortening. Beat in egg yolks and lemon flavoring. Stir in dry ingredients which have been sifted together. Form in small balls and roll in sugar. Press dough with bottom of glass. Bake in preheated 350° oven for 10 minutes. Makes 6 dozen cookies.

THE ULTIMATE CHOCOLATE CHIP COOKIE

Jim and Larry McVey

¾ C. butter flavored Crisco	1¾ C. flour
1¼ C. packed brown sugar	1 tsp. salt
2 T. milk	¾ tsp. soda
1 T. vanilla	1 C. chocolate chips
1 egg	1 C. pecans, chopped

Heat oven to 375°. Cream Crisco, brown sugar, milk and vanilla in large bowl. Blend in egg. Combine flour, salt, soda, then add to creamy mixture gradually. Drop by spoonfuls 3" apart. Bake 8 to 10 minutes for chewy, 11 to 13 minutes for crisp. Cool on sheet for 2 minutes, then remove from sheet. Makes 3 dozen.

YANKEE DOODLES DANDIES

Charlene Gardner

1-12 oz. pkg. semi-sweet chocolate chips
1-6 oz. pkg. butterscotch chips
1 can chow mein noodles
½ C. cashews

Melt chocolate and butterscotch chips over double boiler. Remove from heat; quickly stir in chow mein noodles and cashews. Drop by spoonfuls on waxed paper; chill.

CANDY BITS

Martha Murray

1 C. sugar
1 C. butter (2 sticks)
3 T. water
1 T. white syrup

Cook in heavy pan, stirring constantly. Cook to 300°. Pour out on flat pan. Cover with Hershey chocolate (large) bar. Turn when it hardens. Put ½ on 1 side. Put ½ on other side. Cover both sides with nuts and crack it.

CHERRY MASH CANDY BARS

Barb Frisbie

2 C. sugar
12 large marshmallows
Dash salt
1 tsp. vanilla
⅔ C. canned milk
½ C. margarine
6 oz. pkg. cherry chips

TOPPING:
6 oz. semi-sweet chocolate chips
6 oz. pkg. milk chocolate chips
¾ C. peanut butter
1 C. crushed, salted peanuts

Combine sugar, salt, milk, butter and marshmallows. Cook 7 minutes on HIGH in microwave, stir each minute. Add cherry chips and vanilla, stirring until chips are melted. Pour into 9x13" lightly buttered pan. For topping, melt chocolate chips and peanut butter on defrost in microwave 3 minutes, stir every minute. Add peanuts. Mix well. Pour over cherry mixture. Cool and cut in squares.

CHOCOLATE COVERED RAISINS

Gladys Lauver

6 oz. semi-sweet or milk chocolate chips
3 T. light corn syrup
1 T. water
1½ C. raisins

Combine chocolate chips, syrup and water. Place over double boiler (very hot, but not boiling) until chocolate mix is melted. Stir frequently. Remove from heat, add raisins, coating well. Drop by teaspoons in small clusters on waxed paper. Chill. Makes 2½ dozen.

CHOCOLATE FUDGE (DIABETIC)

JoAnn Lamb

1 envelope plain gelatin
1 sq. unsweetened chocolate
⅛ tsp. cinnamon
¾ C. non-nutritive sweetener to taste
½ C. skim milk (evaporated)
½ C. water
½ tsp. vanilla extract

Soften gelatin in ¼ cup water for 5 minutes. Over low heat, melt chocolate, cinnamon and sweetener. When melted, slowly add evaporated skim milk and water. Stir. Add gelatin and stir gently until dissolved. Remove from heat. Add vanilla. Cool. Rinse a small square pan in cold water. Pour mixture into pan and firm in refrigerator. When firm, cut into 6 pieces.

CREAM CANDY

Stella Clark

½ C. cream
2 C. sugar
½ C. syrup
Lump of butter

Cook until it forms a soft ball in cold water. Remove from fire, beat until it starts to sugar. Pour into buttered pan. If chocolate fudge is desired, add cocoa to make it fudgy.

DATE ROLL CANDY

Hattie Cronkite
Submitted by Maxine Hoyle

3 C. white sugar
2 C. chopped dates
1 C. rich milk (canned)
1½ C. chopped English walnuts

Place sugar and milk in heavy metal cooking pan. Let cook until it forms a soft ball in cold water. Add dates, let cook 2 to 3 minutes more. Remove from heat and cool. Beat until it thickens, add water, add nuts. Beat until firm enough to form roll. Wrap wet cloth (not dripping) and let stand until cold. Slice.

DIVINITY

Helen Slifer

3 C. granulated sugar
1 C. syrup (I use ½ dark and ½ white Karo)
1½ C. sweet cream (I use half and half)
1 C. chopped English walnuts

Cook until its as thick as gravy or until it makes a soft ball in cold water. Add chopped nuts, let boil up once. Remove from heat and beat and beat, the longer it is beaten, the better.

NOTE: This was my Mother's recipe and was old when given to her.

EASY PRALINES

Kari Lu Orem

1 pkg. butterscotch pudding powder (not instant)	1½ C. broken pecan meats
1 C. sugar	½ C. evaporated milk
½ C. brown sugar	1 T. butter or oleo

Cook and stir over low heat, in a heavy 2-quart saucepan, all ingredients except nuts. Bring to a full, rolling boil and boil slowly for 5 minutes, stirring constantly until candy reaches soft ball stage (see note). Remove from heat and beat until candy thickens, but still looks shiny. Add nuts and drop quickly with a tablespoon on waxed paper to form 2" patties. Allow 1 tablespoon for each. Let stand until firm. Makes about 24 patties.

NOTE: Candy has cooked long enough when a tiny bit dropped in cold water does not fall apart when you lift it out with your fingers.

FRUITCAKE BONBON ORNAMENTS

March Warn
Submitted by Norma Warn

½ C. molasses	1¼ C. sifted flour
1-6 oz. can frozen orange juice	⅛ tsp. soda
1-15 oz. pkg. seedless raisins	¾ tsp. cinnamon
1-1 lb. jar mixed, candied fruit	¾ tsp. nutmeg
½ C. butter	½ tsp. allspice
⅔ C. sugar	½ tsp. cloves, ground
3 eggs	½ C. chopped nuts

Blend together molasses and ½ of orange juice in a saucepan. Cook over low heat, stirring constantly until mixture comes to a boil. Add raisins, bring to boil again. Reduce heat and simmer for 5 minutes. Remove from heat. Reserve approximately ½ of candied fruit for garnish. Stir remaining fruit into molasses mixture and set aside. Cream together butter and sugar. Blend in eggs, one at a time. Sift together flour, soda and spices and add to creamed mixture. Alternate with remaining orange juice. Add molasses, fruit mix and chopped nuts. Blend. Line 1¾" cupcake pans with miniature paper cups. Fill ¾ full with fruit mix and sprinkle with reserved fruit. Bake in moderate oven (350°) for 25 to 30 minutes. Cool. Remove paper cups. Place each bonbon in center of 6" squares of plastic wrap. Attach a bright colored ribbon and hang on Christmas tree.

GLASS CANDY

Barb Frisbie

2 C. sugar
¾ C. water
¾ C. light corn syrup
¼ tsp. food coloring
¼ tsp. flavoring
Confectioners' sugar

Mix sugar, water, corn syrup in large saucepan; cook over medium heat until mixture reaches 300° on candy thermometer or hard crack. Remove from heat. Add color and flavoring. Mix well. Pour onto cookie sheet that has been sprinkled with powdered sugar. Cool enough to touch. Break into pieces.

Suggested flavor and color:
Red-cinnamon
Green-spearmint
Blue-peppermint
Clear-anise

HERSHEY COCOA FUDGE

Betty Burch
Submitted by Mary Ellen Hobbs

⅔ C. Hershey cocoa
3 C. sugar
½ tsp. salt
1½ C. milk
¼ C. butter or oleo
1 tsp. vanilla

Mix well the dry ingredients. In heavy 4-quart saucepan, stir in milk. Bring to bubbly boil on medium heat, stirring constantly. Boil without stirring to 234° (soft ball). Remove from heat. Add butter and vanilla. Do not stir. Cool at room temperature to 110°. Beat until fudge thickens and quickly spread in a lightly buttered 8 or 9" pan. Makes about 3 dozen squares.

HOLIDAY FUDGE

Thelma Eldridge

4½ C. sugar
1 lg. can evaporated milk
8 oz. miniature marshmallows
3-6 oz. pkg. chocolate chips
½ C. butter or margarine
2 C. broken nutmeats
1 tsp. vanilla

In a heavy, large saucepan, put sugar and milk. Bring slowly to a rolling boil. Let it boil for no longer than 8 minutes. Remove from heat and add miniature marshmallows, chocolate chips, butter or margarine. Stir until melted. Add nutmeats and vanilla. Spread on a large, ungreased pan and when cool, cut into squares. That's it! As you probably have already surmised, this makes quite a bit of fudge, so I hope you have a large gang to feed, or, are not on a diet. Happy holiday baking!

MELTING MOMENTS

Karyl White

1 C. unsifted flour	½ C. cornstarch
½ C. confectioners' sugar	½ C. finely chopped pecans
1 tsp. ground cinnamon	¾ C. oleo
1 tsp. vanilla	

In a large bowl, with mixer at medium speed, beat oleo until soft. Add flour, cornstarch, confectioners' sugar, pecans, and vanilla; beat until well blended. Cover; chill 1 hour. Shape into 1" balls. Place about 1½" apart on ungreased cookie sheet; flatten with lightly floured fork. Bake at 375° for 10 to 12 minutes or until edges are lightly browned. Makes about 3 dozen cookies.

MELTING MOMENT

Seth Warn

1 C. butter	¾ C. cornstarch
2 C. confectioners' sugar	3 T. orange juice
1½ C. flour	

Cream butter and ½ cup confectioners' sugar until light and fluffy. Beat in flour and cornstarch until well mixed. Wrap and refrigerate dough at least 2 hours. Preheat oven to 325°. Roll dough into 1" balls. Place on ungreased cookie sheet. Bake 8 to 10 minutes, until firm, but golden. Cool slightly and remove to wire racks to completely cool. Meanwhile, in small bowl, mix remaining powdered sugar with orange juice. Makes 1 cup glaze. When cookies are cool, place waxed paper under racks to catch drips and spoon on glaze. Let dry on racks.

MINTS

Wanda Fountain

2 lbs. powdered sugar	1 tsp. flavoring
8 oz. creamed cheese	Color, as desired

Mix and knead as for pie dough. Roll in balls the size of a marble. Roll balls in small amount of granulated sugar. Press in molds and unmold at once on waxed paper. If you don't need right away, these can be frozen, then bagged.

PEANUT BRITTLE

Fayetta Wing Pollitt

1 lb. (2 C.) peanuts, raw, Spanish	Pinch salt
2 C. granulated sugar	1 T. butter
1 C. white Karo syrup	2 tsp. soda
½ C. water	1 tsp. vanilla

Combine sugar, syrup, water and salt in large heavy duty pot. Cook to hard ball stage over medium high fire. Add butter and peanuts. Continue to cook, stirring occasionally. Candy will begin to turn to golden brown and peanuts are cooked. Syrup will spin a thread from spoon and crackle in cold water. Quickly turn off fire, add vanilla and soda and stir well. Candy will foam up. Pour out on well buttered heavy porcelain tray or marble slab (do not spread). Let cool and stretch any thick edges. Let continue to cool and break into pieces.

PEANUT BRITTLE

Gladys Lauver

2 C. sugar	2½ T. margarine
½ C. warm water	1 tsp. vanilla
1 C. white Karo syrup	2 heaping T. soda
2 C. raw peanuts	

Boil syrup, water, sugar until it spins a thread. Add peanuts, cook until light brown. Add margarine and vanilla. Last, add soda, no salt. Stir and quickly pour on buttered cookie sheet. Will be thick and crunchy. Do not stretch this peanut brittle.

PEANUT BRITTLE

Elizabeth Hedrick
Submitted by Charlene Gardner

2 C. sugar	2 C. raw peanuts
1 C. white Karo	½ tsp. vanilla
½ C. water	3 tsp. soda
1½ T. butter	

Cook sugar, Karo and water to hard ball stage. Add butter, peanuts, stirring constantly. Take off stove, add vanilla and soda, beating mixture well. Pour out on backs of 5 or 6 buttered tins.

PEANUT BRITTLE - RUTH SHULER'S

Ruth Shuler
Submitted by Bernice Wilson

2 C. sugar
1 C. syrup
½ C. water
½ tsp. salt
2 C. raw peanuts
1 T. butter
1 tsp. vanilla
1½ tsp. soda

Boil to hair stage (220°), add raw peanuts, cook until it turns light brown (300°). Take off and add butter, vanilla and soda. Beat, then spread on buttered pan or surface and push out real thin.

PEANUT BUTTER FUDGE

Gladys Lauver

2 C. sugar
⅔ C. milk
4 T. peanut butter
1 tsp. vanilla
Pinch salt

Boil sugar and milk until it forms a soft ball when dropped into cold water. Remove from heat. Add peanut butter, vanilla (and salt if used). Beat until creamy, usually a few minutes. Watch closely as it changes from shiny appearance to rather dull appearance. Pour into 8" square pan. Cool. Cut into squares.

NOTE: This is an old family favorite, quick and easy to make.

PEANUT BUTTER POTATO CANDY

Tricia McAllister

1 C. mashed potatoes
1-2 lb. powdered sugar
1 C. peanut butter

Mix together well. Start with 1 pound of sugar and add more as needed for candy consistency to be rolled into balls. Roll into balls about 1" around.

COATING:
6 oz. chocolate chips
⅓ C. paraffin
4 sqs. chocolate

Melt in double boiler. Dip balls in chocolate mixture and place on waxed paper and chill. Candies do not have to be dipped. If preferred, press peanut butter into a pan and cut into squares.

PEANUT CLUSTERS (MICROWAVE)

Mary Ellen Hobbs

½ lb. white chocolate
1⅓ C. semi-sweet chocolate chips
1-6½ oz. can Planter cocktail peanuts

Microwave white chocolate and chocolate chips in glass bowl or large glass measuring cup until melted (stir often). Add peanuts. Drop by spoon onto waxed paper and cool until set.

PECAN KISSES

Wanda Fountain

4 C. pecan halves
1 egg white
1 tsp. vanilla
Salt, optional
¾ C. brown sugar

Beat egg white until stiff. Add brown sugar gradually. Beat and beat until sugar is completely dissolved. With table knife, spread over individual pecan halves. Put on buttered cookie sheets. Bake at 250° for 30 minutes. Turn off oven and leave another 30 minutes. Keep in an airtight container.

PENOCHE

Martha Culver Alford

2 C. brown sugar
½ C. cream
2 T. butter
⅓ C. coconut
⅓ C. chopped dates
⅓ C. chopped nuts

Combine sugar, cream and butter. Boil to soft ball stage. Remove from fire. Cool to room temperature. Beat well until creamy. Add dates, coconut and nuts. Continue beating until mixture will hold its shape. Pour into well buttered pan, 6x10" glass pan.

PENUCHE CANDY

Louise Sherbert

1 C. light brown sugar
2 C. white sugar
1½ C. evaporated milk
2 T. butter
1 tsp. vanilla
1 C. chopped nuts

Combine sugars and milk in heavy saucepan, stirring and cooking until forms soft ball stage in cold water. Remove from heat. Add butter, vanilla and nuts. Beat until thick. Spread on greased platter. Cut in squares.

SALT WATER TAFFY

Jim and Larry McVey

1 C. sugar	¾ C. light corn syrup
⅔ C. water	2 T. butter
1 tsp. salt	2 tsp. vanilla
1 T. cornstarch	

Grease an 8x8x2" pan with butter. Mix syrup, sugar, water, cornstarch, butter and salt in an 8-cup microwave dish. Microwave 3 minutes on HIGH. Stir to dissolve the sugar. Microwave on HIGH for 4 minutes; then stir. Microwave for 10 minutes on HIGH until it reaches 250° or hard ball stage. Stir in vanilla. Pour into buttered pan. Pull when cool enough. If it gets sticky, put a little butter on your hands. Pull until light in color. Make strips about ½" wide. Cut into pieces. Wrap in plastic or waxed paper.

SUGAR PLUMS

LaVergne Wilken

2 lbs. powdered sugar	8 T. butter, melted
1 can Eagle Brand milk	24 oz. pkg. chocolate chips
2 C. chopped pecans	½ lb. boxed paraffin
7 oz. pkg. coconut	

Mix first 5 ingredients. Shape into small balls and chill for 1 hour. Melt chocolate chips and wax. Dip balls into chocolate and put on waxed paper until set.

SUGAR FREE FUDGE

Sharon Colle
From Betty

¼ C. diet oleo	1-8 oz. pkg. reduced calorie cream cheese, softened
2 oz. unsweetened chocolate	½ C. chopped nuts
2 pkgs. Equal sweetener	
1 tsp. vanilla	

Melt oleo over low heat. Add chocolate and stir until melted. Remove from heat and stir in sweetener and vanilla. Combine chocolate mixture with cream cheese and beat until smooth. Stir in nuts and spread in oiled 8" square pan. Refrigerate until firm, then cut into 1" squares. Makes 64 squares.

SUGARED WALNUTS

Myrtle Gould

1 C. golden brown sugar, firmly packed
½ C. water
1½ tsp. cinnamon
½ tsp. salt
½ tsp. cloves
½ tsp. nutmeg
2 tsp. vanilla
2 C. walnut halves

Combine sugar, water, salt, spices and vanilla in a heavy saucepan. Mix well. Place on high heat. Stir constantly until boiling. Place thermometer in mixture. Boil to 235°, soft ball stage, stirring occasionally to prevent burning. Remove from heat. Stir in walnuts. Continue stirring until creamy (3 to 6 minutes). Using 2 forks, turn out on waxed paper. Cool. Makes about 4 cups.

TOFFEE

Janeil Klassen

1 lb. oleo or butter (use good brand oleo)
2 C. sugar
4 T. water
2 T. white syrup
4 oz. chopped, slivered almonds

Melt oleo and add sugar. Mix together the water and syrup and add to the mixture. Use heavy saucepan and candy thermometer. Cook and stir until mixture reaches 300°. Pour onto greased pan and spread as thin as possible. Break a 4 ounce Hershey bar into pieces and lay on top of toffee. The heat will melt it, then spread to cover. Chop walnuts or pecans and sprinkle over top. Let cool completely and break into pieces.

TRIPLE TREATS CANDY

Barbara Frisbie

1-11½ oz. pkg. (2 C.) Nestle milk chocolate morsels
2 T. vegetable shortening
3 T. butter or margarine
1 C. walnut pieces
1-14 oz. pkg. Kraft caramels
2 T. water

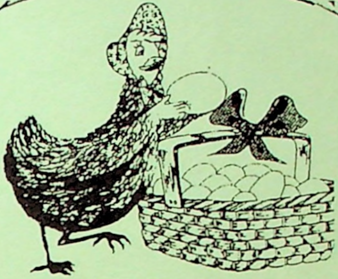
Melt over hot (not boiling) water the Nestle milk chocolate morsels and vegetable shortening. Stir until morsels melt and mixture is smooth. Remove from heat. Pour ½ of melted chocolate into an 8" greased, foil-lined square pan; spread evenly. Refrigerate until firm (about 15 minutes). Return remaining chocolate mixture to low heat. Melt caramels and butter or margarine with water over low heat, stirring until smooth. Stir in walnut pieces until well blended. Pour into the chocolate lined pan. Spread evenly. Refrigerate until tacky, about 15 minutes. Top with remaining melted chocolate; spread evenly to cover caramel filling. Return to refrigerator and chill until firm, about 1 hour. Cut into 1x2" rectangles. Refrigerate until ready to serve. Makes about 2½ dozen candies.

WHITE FUDGE

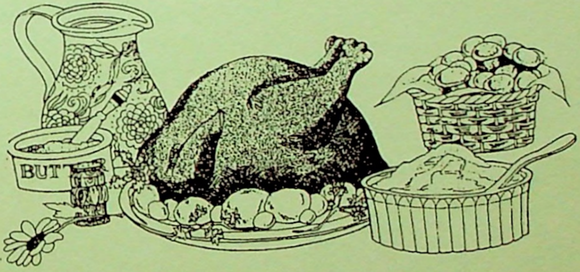
Martha Culver Alford

1 lg. and 1 sm. can milk	1 tsp. vanilla
½ lb. butter	Pinch salt
1 pt. or 1 bottle white Karo syrup	1 lb. nutmeats (less, if desired)

Cook all ingredinets except nutmeats until it forms a soft ball in cold water. Stir constantly. Remove from fire and add nuts and beat until creamy. Pour into buttered jellyroll pan.



MAIN DISHES, CASSEROLES, & VEGETABLES



BAR-B-Q MEATBALLS

Barb Frisbie

1 lg. can evaporated milk
3 lbs. hamburger
2 C. quick cooking oats
2 eggs
1 chopped onion
½ tsp. garlic powder
2 tsp. salt
½ tsp. pepper
2 tsp. chili powder

SAUCE:
2 C. catsup
½ tsp. garlic powder
½ C. chopped onion
⅓ C. brown sugar (or to taste)
2 T. liquid smoke

Mix and shape into balls the size of a walnut. Place in flat pan (single layer). Pour sauce over. Cover with foil. Bake 1 hour at 350°. Uncover last 10 minutes if you want a little browner. These freeze well.

BAR-B-Q BEEFIES (MICROWAVE)

Mary Ellen Hobbs

1 C. milk
1 C. crushed soda crackers
1½ lbs. ground beef
1 tsp. salt
½ tsp. pepper
1 tsp. Worcestershire sauce

SAUCE:
1 C. catsup
½ C. water
½ C. brown sugar
1 tsp. Tabasco sauce

Combine ingredients together and shape into 1" meatballs and place in large oblong glass cake dish. Cover meatballs with sauce. Cover with waxed paper and microwave 18 to 20 minutes. Serve as an appetizer or with spaghetti as a main dish.

BARBECUED CHICKEN

Helen Slifer

1 cut up chicken
2 T. melted butter or Crisco
¼ C. Crisco
½ C. catsup
1 T. brown sugar
⅓ C. water
2 T. lemon juice
1 sm. minced onion
1 T. Worcestershire sauce

Coat chicken with flour, seasoned with salt and pepper. Fry in Crisco. Brown on all sides. Place chicken in pan. Combine and boil remaining ingredients. Pour over chicken and bake in a 350° oven until tender, about 45 minutes.

BARBEQUE MEATBALLS

Eva Marie Sterling Culver

MEATBALLS:
1 can evaporated milk
3 lbs. hamburger
2 C. quick oatmeal
1 C. chopped onion
½ tsp. garlic powder
2 tsp. chili powder
2 tsp. salt
½ tsp. pepper

SAUCE:
2 C. catsup
1½ C. brown sugar
2 T. liquid smoke
½ tsp. garlic powder
½ C. chopped onion

For meatballs, mix milk, hamburger, oatmeal, onion, garlic powder, chili powder, salt and pepper and shape into balls the size of a walnut. Place into flat pan, only 1 layer to each pan. For sauce, mix catsup, brown sugar, liquid smoke, garlic powder and onion until sugar has dissolved. Pour over meatballs and bake 1 hour at 350°. May be browned in skillet first, then placed in crock pot and pour sauce over and heat until hot. Can be frozen for later.

BARBECUE PORK RIBS

LaVergne Wilken

1 C. catsup
1 C. water
2 T. Worcestershire sauce
1 tsp. chili powder
¼ tsp. hot pepper
3 to 4 lbs meaty ribs

Mix all together and bring to a boil before pouring it over the meat.

BARBECUED SPARERIBS

Mary Ellen Hobbs

3 to 4 lbs. spareribs
3 sm. onions, sliced
2 T. vinegar
2 T. Worcestershire sauce
1 T. salt
1 tsp. paprika
½ tsp. red pepper
1 tsp. chili powder
¾ C. catsup
¾ C. water

Cut spareribs into servings. Sprinkle with salt and pepper. Place in roaster pan and cover with onions. Combine remaining ingredients and pour over meat. Cover and bake in 350° oven for 1½ hours. Baste occasionally, turning spareribs once. Remove cover the last 15 minutes of baking to brown spareribs.

BEEF ENCHILADAS

Paula Hobbs

- 1 lb. hamburger
- ½ C. chopped onion
- 1 can enchilada sauce
- 1 T. oil
- 8 to 10 corn tortillas
- 10 oz. sharp or colby cheese
- 8 oz. shredded Monterey Jack cheese
- 8 oz. sour cream

Cook hamburger and onion until browned. Add ¾ can of enchilada sauce to meat. Simmer for 30 minutes. Cover bottom of skillet with oil. When oil is hot, cook tortillas lightly on both sides. As soon as removed from heat, spoon meat mixture, sour cream and cheese onto tortillas. Roll up tortillas and place side by side in cake pan. Cover the tortillas with remaining cheese and enchilada sauce. Bake at 325° for 1 hour.

BEEF AND POTATO MOUSSAKA

Tricia McAllister

- 1 lb. lean ground beef
- 1 med. onion, chopped
- 2 med. potatoes, peeled, sliced
- 1-8 oz. can tomato sauce
- 1 tsp. salt
- Dash pepper
- Dash garlic powder
- 2 eggs
- 1 C. plain yogurt

In a large, heavy, non-stick skillet with oven proof handle, brown meat and onion. Drain off any fat. Add potatoes, tomato sauce, salt, pepper and garlic powder. Cook, stirring for 5 minutes. Spread evenly in bottom of skillet. In medium bowl, beat eggs lightly with fork and blend in yogurt. Spread over meat. Bake in 350° oven for 1 hour or more until topping is set. Let stand for 10 minutes before serving. Makes 4 servings at 310 calories each.

BEEF OR PORK SAUTE

Mary Alice Hobbs

- 1-16 oz. can sliced pears
- 2 T. white wine vinegar
- 1 T. minced gingerroot
- ¼ tsp. red pepper flakes
- 2 cloves garlic, minced
- ¼ lb. lean beef steak or boneless pork loin, thinly sliced
- 1 med. carrot, diagonally sliced
- 1 T. oil
- 1-16 oz. can green beans, drained
- 2 C. cooked rice

Drain fruit, reserving syrup. Combine reserved syrup, vinegar, ginger, pepper flakes and garlic. Add meat; marinate 30 minutes or more. Thoroughly drain meat, reserving marinade. In skillet, cook meat and carrot in hot oil, stirring constantly, until meat is browned. Remove and keep warm. Add reserved marinade and cook on high 3 minutes to reduce. Stir in meat, carrot, beans and pears; heat through. Serve over rice. Garnish with sliced green onion, if desired. Makes 5 servings.

BEEF STROGANOFF

Mary Ellen Hobbs

1½ lbs. steak or roast	1 can mushroom soup
1 med. onion	1 can cream of chicken soup
½ C. margarine	½ C. flour
2 tsp. garlic juice and 2 tsp. salt OR 1 T. garlic salt	1 C. evaporated milk
	1 T. lemon juice or vinegar

Cut steak or roast into cubes. Chop onion. Brown steak, chopped onion, margarine and garlic juice and salt. Then add mushroom soup, cream of chicken soup and flour. Simmer for 1½ hours. Combine evaporated milk and lemon juice. Add this to meat mixture. Heat through, but don't boil. Serve over noodles or rice.

BEEF AND RICE LOAF

Sue Griffith

1 lb. ground beef	1½ tsp. salt
½ lb. ground pork	¼ tsp. pepper
1 C. cooked rice	½ tsp. poultry seasoning
2 T. chopped onion	

Mix all ingredients. Pack into a greased loaf pan and bake in 350° oven for 1½ hours. Macaroni may be substituted for rice. Good hot or cold.

BEEF AND TATERS (MICROWAVE)

Teresa Griffith

1 lb. hamburger	1 can cream of chicken soup
2 tsp. instant minced onion	1 can cream of celery soup
1 lb. pkg. frozen Tater Tots	(Do not add water)

Crumble hamburger in a 2-quart dish. Cover, cook for 5 minutes in microwave. Stir and turn 2 times. Add Tater Tots. Mix soup and onion together. Pour over mixture. Cover and cook 15 minutes. Turn 3 times during the 15 minutes.

BEST MEAT LOAF

Millie Hobbs

¾ C. dry bread crumbs	¼ C. chopped green pepper
½ C. milk	1½ tsp. salt
1½ lbs. ground beef	¾ tsp. sage
½ lb. ground pork	½ tsp. pepper
2 eggs, beaten	Chili sauce
½ C. chopped onion	

Soak crumbs in milk and add remaining ingredients, except chili sauce; mix well. Pack into a loaf pan to shape. Bake in 350° oven for 1 hour. Top with chili sauce and bake for 15 more minutes.

BREAKFAST BAKE

LaVergne Wilken

8 eggs, slightly beaten
6 slices bread, cubed
1 C. shredded cheese (Cheddar or colby)
1 lb. sausage, cooked, crumbled, drained
2 C. milk
1 tsp. salt
1 tsp. dry mustard

Combine all in a separate bowl; pour into a greased casserole (pan can be covered with Saran wrap and refrigerated 12 to 24 hours or frozen). Bake 35 minutes or until done at 350°. Usually takes a little longer if refrigerated or frozen.

BURRITO PIE

Mrs. Harold Wells

1 lb. ground beef, browned
1½ C. grated Cheddar cheese
1-6 oz. jar green chili salsa (I use mild)
4 tortillas
1 lg. can refried beans

Grease a 9x12" pan. Rip tortillas into 2x2" pieces. Layer like you would lasagna, half each of tortilla, ground beef, refried beans, salsa. Then repeat another layer, topping it with the cheese. Bake at 350° for 35 to 45 minutes.

CHEESY ENCHILADA'S

Carolyn Wells Westgate

2 lbs. hamburger
2 T. flour
1 tsp. salt
⅛ tsp. cayenne pepper
2 C. grated cheese
1 med. onion, diced
1 C. Ro-Tel tomatoes
⅛ tsp. oregano
10 or 12 flour or corn tortillas

Brown hamburger and onion. Add seasoning, flour, grated cheese. Place meat and grated cheese in tortilla; roll up and place in greased casserole. Top with cheese sauce and bake 20 to 30 minutes at 350°.

CHEESE SAUCE TOPPING:
1 stick oleo
3 C. milk
4 T. flour
1-8 oz. sour cream
8 oz. Cheez Whiz

Melt oleo, thicken with flour and milk. Add Cheez Whiz and sour cream.

CHICKEN AND BISCUITS

May Shores
Submitted by Helen Wells

3 to 4 lb. hen
1 tsp. salt (more, if desired)
¼ tsp. pepper
4 or 5 C. broth
4 or more T. flour

BISCUITS:
2 C. flour
2 tsp. sugar
½ C. shortening
⅔ C. milk
½ tsp. cream of tartar
1 egg, beaten
½ tsp. salt
4 tsp. baking powder

Simmer the chicken with salt and pepper, cover with water, cook 2 hours or until tender. Remove from the bone, cut in chunks, cover with broth. Make paste with the flour and thicken. Cover with biscuits and serve. For biscuits, sift dry ingredients together; add shortening to flour mixture and blend until it looks like cornmeal. Pour milk into mixture and add egg, stir to stiff dough and knead 5 times. Pat out on floured board and cut. Bake at 450° for 10 to 15 minutes (until brown). If in a hurry, Bisquick biscuits are OK.

CHICKEN BAKE

Cindy Hobbs

6 chicken breasts
6 slices Swiss cheese
1 can cream of mushroom soup
½ C. white wine
1 pkg. chicken Stove Top stuffing

Place chicken breast in a 9x13" pan. Place 1 slice of cheese on each breast. Stir soup and wine; pour over chicken and cheese. Prepare stuffing and spread on top. Bake, uncovered, 50 to 60 minutes at 350°.

CHICKEN BREASTS

Teresa Griffith

3 lg. chicken breasts, skinned, boned
6 slices ham
3 slices mozzarella cheese
½ tsp. sage
⅓ C. bread crumbs
2 T. Parmesan cheese
2 T. parsley
¼ C. melted butter

Place ham and cheese slices on chicken breast. Roll up and fasten with toothpicks. Dip chicken breasts in butter, then roll in mixture of sage, bread crumbs, Parmesan cheese and parsley. Bake, uncovered, for 45 to 50 minutes at 350°.

CHICKEN CASSEROLE

Wanda Fountain

1 chicken, cooked, boned
1 pkg. Uncle Ben's long grain and wild rice
1 onion, chopped
1 sm. jar pimentos, chopped
1 can water chestnuts, chopped
1 can green beans (French style)
1 C. mayonnaise
1 can cream of celery soup

Mix together and put into casserole. Bake at 350° for 30 minutes.

CHICKEN CORDON BLEU

Carolyn Wells Westgate

4 whole chicken breasts, split, boned, and skinned
8-1 oz. slices ham
8-1 oz. slices Swiss cheese
3 T. fresh or dried parsley, minced
¼ tsp. pepper
1 egg, beaten
1-4 oz. can sliced mushrooms, drained
½ C. Italian bread crumbs
¼ C. butter or margarine
1-10½ oz. can mushroom soup
1-8 oz. carton sour cream
⅓ C. dry cooking sherry

Place each chicken breast half on a sheet of waxed paper and flatten to ¼" thickness, using a rolling pin. Place 1 slice of ham and 1 slice of cheese in the center of each chicken piece. Sprinkle evenly with pepper and parsley. Roll up lengthwise and secure with toothpicks. Dip each chicken breast in egg and coat well with bread crumbs. Melt butter in heavy skillet. Brown chicken on all sides. Remove to a 12x8x2" baking dish, reserving drippings in skillet. Add remaining ingredients to reserved drippings and stir well. Pour sauce over chicken, bake, uncovered, for 40 to 50 minutes. Makes 8 servings.

CHICKEN ENCHILADA CASSEROLE

Wanda Fountain

3 cans cream of chicken soup
2-4 oz. cans chopped green chilies
1 can water (soup can)
1 lg. onion, chopped
1 lg. chicken, boned, drained
1 pkg. corn tortillas, cut up
2 C. longhorn cheese, shredded

Mix soup and water. In a 9x13" pan, pour enough soup mixture to cover bottom of pan. Layer tortillas, chicken, chilies, onions, cheese, soup mixture; repeat layers. Cover with foil. Bake at 350° for 1½ to 2 hours.

VARIATION: Add another can of green chilies and jalapeno peppers to taste. Can be layered in 3½-quart crock pot, and cook on high about 3 hours.

CHICKEN LOAF

Martha E. Chrystie

3 sm. cans or 1 whole boned chicken
½ C. mayonnaise
1 can Chinese noodles
½ C. slivered almonds

WHITE SAUCE:
3 T. butter
3 T. flour
1½ C. milk
2 chicken bouillon cubes

CHICKEN LOAF SAUCE:
1 can mushroom soup
½ pt. milk or cream
1 sm. can mushrooms

Fold chicken, noodles, nuts and mayonnaise into white sauce. Bake at 350° for 40 minutes. For Chicken Loaf Sauce, thin soup with ½ pint milk or cream. Add 1 small can mushrooms.

CHICKEN LOAF

Mrs. Eleanor Justus

1 cooked hen (salted)
1½ C. celery, diced
1 med. onion, chopped
1½ C. Velveeta cheese, cubed
½ tsp. pepper
½ tsp. salt, optional
4 C. broth
1 can mushroom soup
2 eggs, beaten
4 C. Ritz Cracker crumbs

Remove meat from bones. Place in large mixing bowl. Microwave celery and onion until tender. Add rest of ingredients. Mix well and pour into two 8x8" Pyrex pans or one 9x13" pan. Top with cracker crumbs and bake 45 minutes to 1 hour in 350° oven. Freezes well.

CHICKEN LOAF

Martha Culver Alford
Submitted by Maxine Hoyle

1 dressed hen
1½ C. diced celery
1 chopped onion (med. sized)
1½ C. cubed cheese (longhorn)
½ tsp. pepper
½ tsp. salt (if needed after adding crackers)
1 can mushrooms or mushroom soup
2 eggs
4 C. Ritz cracker crumbs
6 C. chicken broth

Cover chicken with water and salt to taste and cook until tender. Cool. Remove bones and break into pieces (do not grind). Place in large mixing bowl and add rest of ingredients. Mix and pour into 9x13x2" casserole or baking dish. Top with additional buttered Ritz cracker crumbs. Bake 45 to 60 minutes in 350° oven.

NOTE: Fine for a large group or may be divided in 2 pans and 1 baked and 1 frozen.

CHICKEN SUPREME

Eva Marie Sterling Culver

2 C. cooked chicken
2 C. raw macaroni
2 cans mushroom soup
2 C. milk
2 med. onions
½ tsp. salt
¼ tsp. pepper
3 T. butter
1 C. sharp cheese, grated

Combine all ingredients except cheese. Put in casserole and grate cheese over top. Refrigerate overnight. Bake at 350° for 1 hour and 30 minutes. Makes 8 servings.

CHICKEN SURPRISE

JoAnn Lamb

1 lg. chicken (stew, season, cut in small pieces)
1½ C. diced celery
2 eggs
1 can mushroom soup
6 C. chicken broth
1½ C. cubed cheese
4 C. Ritz cracker crumbs

Mix together. Top with additional crumbs. Bake 45 minutes at 350°.

CHICKEN UPSIDE DOWN PIE

Barb Frisbie

4 T. butter or margarine
1 tsp. salt
4 T. flour
2 C. scalded milk
1 cooked chicken, boned, cut up

TOPPING:
6 C. bread crumbs
1 tsp. salt
¼ tsp. sage
½ tsp. baking powder
4 C. chicken broth
1 T. chopped onion
2 beaten eggs
1½ C. thin cream
Ground giblets

Mix margarine, salt, flour and milk. Cook until thick. Add cut up chicken and pour in pan. Mix crumbs, salt, sage, baking powder; add onion, celery, eggs, broth, giblets and broth. Pour over chicken mixture. Bake in 375° oven about 45 minutes. Place foil over pan and bake 15 additional minutes. Use remaining broth for gravy. Cut into squares, turn over on plate so chicken will be on top and pour gravy over each serving.

CHILI TOPPED SOPAPILLAS

Evelyn Clayton (Barb's Mom)

2 C. flour
1 T. oil
2 tsp. baking powder
¼ tsp. salt
1 T. sugar
Warm water
1 batch favorite chili
Grated cheese
Lettuce, shredded
Chopped onions
Chopped tomatoes
Hot sauce

For sopapillas, make dough from flour, oil, baking powder, salt, sugar and warm water. Let stand 1 hour or so. Roll thin, cut into triangles. Deep fry when ready to eat. Place 3 or more sopapillas on plate. Top with chili, layer cheese, lettuce, onions and tomatoes, hot sauce to taste. Sopapillas also good with honey or sprinkle with powdered sugar.

CHINESE FRIED RICE

Evelyn Clayton (Barb's Mom)

1 C. long grain rice (prepare as label directs)
6 lg. eggs
½ tsp. salt
Salad oil for pan
¼ lb. cooked ham, diced
½ C. frozen peas, thawed, drained
1 T. chopped green onion

Prepare rice as directed. In small bowl, beat eggs and salt; set aside. In non-stick 12" skillet, over medium heat in 2 tablespoons oil, gently stir rice until coated. Push rice to one side of skillet. In same skillet, over medium-high heat, heat 1 tablespoon oil, very hot, pour in eggs. Cook and separate until about pea sized pieces. Mix eggs, rice and green onion. Add ham and peas; heat through. Serve with soy sauce. Makes 4 servings.

CHINESE PEPPER STEAK

Mary Alice Hobbs

1 lb. top round steak, cut ¼ to 1" thick
1 T. cornstarch
½ tsp. sugar
¼ tsp. ginger
¼ C. soy sauce
3 med. green peppers
3 sm. tomatoes (use canned if fresh are not available)
2 T. cooking oil
1 clove garlic, minced
¼ C. water

Partially freeze steak to firm and slice diagonally across the grain into very thin strips. Combine cornstarch, sugar and ginger and stir in soy sauce. Pour mixture over meat and stir. Cut green peppers into thin strips and cut tomatoes into wedges. Quickly brown beef strips in hot oil and remove from pan. Reduce heat; add green pepper, garlic and water to pan and cook until green pepper is tender-crisp, 5 to 6 minutes. Stir in meat and tomatoes and heat throughout. Makes 4 servings at 281 calories each.

CHINESE STYLE RICE

Teresa Griffith

1 egg, beaten
1 tsp. oil
¾ C. water
4 tsp. soy sauce
⅛ tsp. garlic powder
¼ C. scallions
1 C. Minute rice
Diced ham as desired

Scramble eggs in oil in saucepan, stir to pieces. Add water, soy sauce, garlic and scallions; bring to boil. Stir in rice and ham. Cover and remove from heat; let stand 5 minutes.

CORN BREAD BEEFBURGERS

Goldie Hoth

MEAT MIXTURE:
1 lb. ground beef
½ C. chopped onions
⅓ C. each chopped green peppers and stuffed olives
1-6 oz. can tomato paste
1 tsp. chili powder
1 tsp. salt

Prepare your favorite corn bread recipe except decrease the milk to ¾ cup and add 1 cup grated cheese. Pour into a greased shallow pan (12x14") and bake until slightly brown. Combine the meat mixture and cook in skillet until meat is thoroughly done. Remove corn bread from oven and spread with meat mixture. Sprinkle with 1 cup grated cheese and return to oven until cheese melts. Makes 6 servings.

CRISP NOODLE CHICKEN

Mary Ellen Hobbs

1 broiler-fryer chicken, cut up
1 can cream of mushroom soup
1 C. sour cream
3 T. onion soup mix
⅛ tsp. pepper
1-3 oz. can chow mein noodles

Place chicken in 1 layer in shallow casserole. Mix in bowl the soup, sour cream, soup mix and pepper. Spread over chicken; sprinkle with noodles. Bake 1½ hours at 350° or until chicken is tender.

CRISPY BAKED FILLETS

Mary Alice Hobbs

1 lb. fish fillets
¼ tsp. salt
Dash pepper
2 T. oil
⅓ C. cornflake crumbs

Preheat oven to 500°. Wash and dry fillets and cut into serving pieces. Season, dip in oil, and coat with cornflake crumbs. Arrange in a single layer in a lightly oiled, shallow baking dish. Bake 10 minutes without turning or basting.

CROCK POT POTATOES O'BRIEN

Amy White

2 lbs. potatoes, shredded	¼ C. chopped onion
1 T. chopped pimento	¼ C. chopped green pepper

Place the above in a crock pot and sprinkle with salt and pepper.

SAUCE:

3 T. flour	1 can cream of mushroom soup
3 T. melted butter	1 C. shredded sharp Cheddar cheese
½ C. milk	

Stir flour into melted butter until mixture is blended; stir in milk. Add to soup along with ½ cup shredded cheese. Stir soup mixture into potatoes. Cover and cook on low 4 to 5 hours. Stir once or twice during cooking time. Sprinkle remaining cheese over the top about ½ hour before serving. Makes 6 to 8 servings.

CROCK POT DINNER

Jeane Fields

Round steak	1 can cream of mushroom soup
Potatoes, cut in half, if small, use whole ones	Salt
1 can green beans	Pepper

Place in crock pot at noon on medium heat. Cook all afternoon.

DILLY TUNA

Weight Watchers

1-20 oz. can pineapple, crushed	1 C. sliced cucumber
6 oz. tuna, drained	⅓ C. diet mayonnaise
Crisp bed of lettuce	½ tsp. seasoning salt

Drain pineapple, use 2 tablespoon juice. Blend mayonnaise, salt, pineapple juice, add crushed pineapple. Serve on crisp bed of lettuce. Makes 4 servings.

EASY CHICKEN LEGS

Paula Hobbs

½ C. flour	¼ tsp. pepper
1 tsp. salt	6 chicken drumsticks
½ tsp. paprika	¼ C. margarine, melted, cooled

Heat oven to 425°. Mix flour, salt, paprika and pepper in bowl. Dip chicken into margarine, roll in flour mixture to coat. Arrange in ungreased square pan. Bake, uncovered, until done, about 50 minutes.

EASY QUICHE

Joan Smith

3 eggs
1¼ C. milk
1 C. shredded cheese
Pie shell (pre-cook as directed)

Combine all ingredients and pour in shell. Bake 30 to 45 minutes at 350°. You can "build your own"! Bacon, ham, onion, green peppers, etc.

EGGS CREOLE (DIABETIC)

First Christian Church Diabetics

1 T. reduced calorie margarine
2 tsp. all-purpose flour
1 C. skim milk
1 C. chopped green peppers
1 C. chopped onion
1 C. undiluted commercial tomato soup
1 tsp. Worcestershire sauce
6 hard cooked eggs, coarsely chopped
Vegetable cooking spray
2 T. soft bread crumbs

Melt margarine in a small heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Remove from heat, and set aside. Combine pepper and onions in container of electric blender or food processor. Process until smooth. Transfer mixture to a medium size non-stick skillet, and cook over low heat until tender. Add soup and Worcestershire sauce to skillet; continue to cook, uncovered, over low heat until thickened. Layer white sauce, eggs, and soup mixture in a 1-quart casserole dish coated with cooking spray. Top with bread crumbs. Bake at 350° for 20 minutes or until bread crumbs are browned and mixture is thoroughly heated.

EMPANADAS

Barb Frisbie

2 C. flour
1 tsp. salt
¼ tsp. baking powder
¼ C. shortening
½ C. lukewarm water
1 sm. can refried beans
1 C. grated Cheddar cheese (or can use hot Cheez Whiz)
1 pkg. dry taco flavoring
1 lb. cooked, drained hamburger

Combine flour, salt and baking powder. Cut in shortening. Stir in water. Mix dough until it leaves side of bowl. Divide into 12 balls on floured board, roll each ball into thin 4" circles. Mix hamburger, beans, taco flavoring. Place ¼ cup mixture on each circle of dough. Top either with sprinkle of shredded cheese or tablespoon of Cheez Whiz. Wet edges of dough circles. Fold in half and seal edge tightly. Looks like turnovers. Deep fry until golden brown. Drain on absorbent paper. Serve warm. (Can be held in warm oven until ready to serve.) Makes 12. I also like to double tortilla recipe and cut in strips and make fried chips. For a dessert, fill turnover with 3 ounces cream cheese which has been blended with your favorite jam (3 tablespoons). Fry, drain on paper and sprinkle with powdered sugar.

ENCHILADAS

LaVergne Wilken

1 lb. ground beef
1 tsp. salt
½ lb. longhorn cheese, grated
1 C. chopped onion
2-8 oz. cans tomato sauce
1-6 oz. can tomato paste
1-10½ oz. can tomato soup
2 C. water
2 T. chili powder
½ C. cooking oil
1 tsp. garlic powder
12 flour tortilla shells

Cook ground beef, stirring frequently, until brown. Add ½ teaspoon salt. Reserve 1 cup cheese; add remaining cheese to meat, plus the onions and mix well. Combine tomato sauce, paste, soup, water, oil, chili powder, garlic powder and ½ teaspoon salt. Bring sauce to a boil; simmer gently. Dip tortillas in sauce; lay on plate. Place a heaping tablespoon of meat mixture in center and roll. Lay filled tortillas close together in baking dish; pour 1 cup of sauce over tortillas. Before removing from oven, sprinkle with reserved cheese. When cheese is melted, serve with remaining sauce. Bake at 350° for 15 minutes.

ENCHILADAS

Betty Burch
Submitted by Mary Ellen Hobbs

1 doz. corn tortillas
1 lb. hamburger
1 pkg. taco seasoning mix
1 lb. grated cheese (Cheddar)
2 lg. onions, chopped
1 can chili or chili with beans

Dip tortillas through hot grease (so doesn't break when rolling). Brown hamburger and taco seasoning. Put 1 tablespoon hamburger mix into tortilla shell, sprinkle onions and cheese on top, roll, close with toothpick. Lay in 9x12" pan, heat chili, pour over rolled shells. Put onions and cheese on top. Place in 375° oven for ½ hour and serve.

ESCALLOPED OYSTERS

Melba Fossey

½ pt. fresh oysters OR
  2 cans oysters
1 C. crushed crackers
⅛ tsp. pepper
½ C. minced celery
½ C. dry bread crumbs
2 T. butter, melted
½ and ½

Wash oysters and cut into halves, if using fresh oysters. If using canned oysters, drain. Rub a quart dish with butter and put in a thin layer of buttered bread crumbs with seasoning. Mix with a little minced celery. Dot this layer with oysters. Then a layer of crushed crackers. Repeat layer of oysters and layer of crackers until ingredients are used. Last layer should be oysters. Pour ½ and ½ over layers. Mix balance of bread crumbs with butter. Sprinkle over top and bake 30 to 35 minutes in 375° oven. Some of oyster liquid may be used with the ½ and ½.

ESCALLOPED POTATOES

Eleanor Justus

2 lbs. frozen hash browns
½ C. green pepper, chopped
½ C. celery, chopped
2 C. grated Cheddar cheese
1 can celery soup
8 oz. sour cream with chives
1 stick butter or oleo, melted
1 tsp. oregano
1 tsp. salt
¼ tsp. pepper

Mix all ingredients together and bake in a 3-quart casserole at 350° for 1 hour. This is very rich.

FISH AND COLLARD GREENS

Norma Warn

2 med. onions, sliced
¼ C. oleo or butter
1 lb. any white fish fillets
½ tsp. paprika
1-10 oz. pkg. frozen collard greens, fresh, if available, works well also
1 green pepper, sliced
2 T. water
1½ tsp. salt
¼ tsp. pepper

Cook and stir onions and green pepper in oleo in a 3-quart saucepan until onion is tender, about 3 minutes. Add collard greens and water. Heat to boiling, separate greens with fork, reduce heat, cover and simmer for 5 minutes. Cut fish into strips 4x¾" each, add to vegetables. Sprinkle with salt, paprika and pepper. Heat to boiling, reduce heat; cover; simmer until fish flakes easily with fork, about 5 minutes. Garnish with lemon wedges, if desired.

GERMAN BEEF DISH

Mary Ellen Hobbs

1 beef round steak
2 T. fat
1 can sauerkraut
1 med. onion, sliced
6 smoked sausages
1 tsp. salt
1 can tomatoes
2 tsp. caraway seed

Tenderize steak. Cut into 6 serving pieces. Place a sausage on each piece of steak and roll like a jellyroll. Fasten with wooden picks or skewers. Brown meat slowly in fat. Pour off fat and season with salt. Drain sauerkraut and save liquid. Add tomatoes, onion, caraway and liquid from sauerkraut; reserving kraut until later. Cover tightly and cook slowly for an hour. Add sauerkraut and continue to simmer 30 minutes longer or until tender.

GLAZED HAM LOAF

Eva Marie Sterling Culver

3 eggs
1 C. evaporated milk
½ C. cold water
¼ C. catsup
3 T. Worcestershire sauce
10 drops Tabasco sauce
1½ lbs. ground ham
½ lb. pork
1 lb. ground beef
1 C. rolled whole wheat (oatmeal)
¾ brown sugar
1 tsp. whole cloves

Beat eggs, add evaporated milk, water, catsup, Worcestershire sauce, Tabasco sauce, ham, beef, pork, oatmeal and salt. Grease 9x5x5" baking pan and sprinkle brown sugar over bottom. Dot with cloves. Pack meat mixture firmly on top. Refrigerate. About 1½ hours before serving, heat oven to 350°. Bake loaf about an hour and 15 minutes.

GRAN'MAS STEW

Jeane Fields

1 lb. ground beef
1 can tomato juice
1 can whole kernel corn
3 diced potatoes
1 pkg. chili mix

Brown ground beef, add all other ingredients. Cook until potatoes are done.

HAM BALLS

Joan Peyton
(Melba Fossey's niece)

1¼ lbs. ground ham
1 lb. ground pork
½ lb. ground beef
1½ C. graham cracker crumbs
2 eggs
1 C. milk

Mix all the above well. Form into 24 large balls. Place in shallow baking dish. Pour sauce over each ball.

SAUCE:
1 can tomato soup
1 tsp. mustard
1 C. brown sugar
¼ C. vinegar

Mix together and bake, uncovered, 1 hour at 325°.

HAM LOAF

Mary Alice Hobbs

3 lbs. Carl's ham loaf
2 C. milk (skimmed)
3 eggs
2 C. crumbs (1 C. cracker crumbs and 1 C. Post Toasties)
1½ tsp. salt (or less, depending on taste)
¾ tsp. pepper

SAUCE FOR TOPPING:
½ C. brown sguar
3 tsp. prepared mustard

Mix well with electric mixer and bake 1 hour at 350°. Can be made into a loaf or individual balls. Mix sauce for topping and put on top of loaf last 30 minutes. Makes 15 servings.

HAMBURGER AND CHEESE

Dave Landis

2 lbs. ground beef, browned, drained
8 oz. sharp Cheddar cheese
8 oz. Velveeta cheese
8 oz. cream cheese
1 pt. sour cream
1 tsp. chili powder
8 oz. green chilies

Heat together in crock pot. Serve warm with tortilla chips.

HAMBURGER BEAN POT

Sharon Colle

1 lb. ground beef
4 strips bacon
1 med. apple, chopped
½ onion, chopped
1 can pork and beans
¼ C. molasses
¼ C. BBQ sauce
¼ C. grated cheese
Corn chips

Slice strips of bacon into 8 pieces and microwave on HIGH 3 to 5 minutes or until crisp. Drain and set aside. Brown ground beef, apple and onion on HIGH 6 minutes, stirring after 3 minutes. Drain and mix ground beef mixture, bacon, pork and beans, molasses and BBQ sauce together. Cook on HIGH 6 to 9 minutes, stirring after ½ the cooking time. Top with cheese and corn chips.

HUNGARIAN SHORT RIBS

Mary Ellen Hobbs

4 lbs. beef short ribs
2 med. onion, sliced
1-15 oz. can tomato sauce
2 C. water
¼ C. brown sugar
¼ C. vinegar
1½ tsp. salt
1½ tsp. dry mustard
1½ tsp. Worcestershire sauce
¼ tsp. paprika
6 oz. (4½ C.) med. noodles

Cut ribs in serving size pieces. Brown ribs on all sides. Add onions. Blend together tomato sauce, 1 cup water, brown sugar, vinegar, salt, dry mustard, Worcestershire sauce and paprika. Pour over meat. Cover and simmer until meat is almost tender, about 2 hours. Skim off fat. Stir in noodles and remaining 1 cup water. Cover and cook, stirring constantly until noodles are tender, then 20 to 25 minutes more.

HUNTINGTON CHICKEN

Weight Watchers (B. F.)

1 C. skim milk
2 tsp. flour
Salt and pepper to taste
⅔ C. cooked macaroni
2 oz. chicken, cooked
1 oz. cheese (W. W. preferred)
½ C. peas (either canned or cooked frozen)
Sprinkle of paprika

Make white sauce. Add chicken, peas, macaroni, and cheese. Top with sprinkle of paprika. Makes 1 serving at 274 calories. If making for family, make 6 times the recipe.

LASAGNA

Karyl White
Karen Lovelock

8 oz. pkg. lasagna noodles
8 to 10 oz. each of mozzarella and colby
32 oz. jar Ragu spaghetti sauce, any flavor

Cook noodles as per package directions. Drain and rinse under cold water. Refill cooking pan with cold water and replace noodles. Make one layer of noodles in a casserole pan. Spread on ½ cup sauce and ½ of the colby, shredded. Repeat layers with remaining mozzarella and colby until all noodles and cheese are used. Pour remaining sauce over the top, making sure all noodles are covered. Bake at 350° for 1 hour. Let stand for 30 minutes before serving.

LINK SAUSAGE AND CHEESY POTATOES (MICROWAVE)

Sue Griffith

1-12 oz. pkg. frozen, shredded hash brown potatoes
1½ C. shredded Cheddar or American cheese
⅓ C. milk
½ tsp. salt
¼ tsp. dry mustard
Dash pepper
1-8 oz. pkg. frozen, fully cooked pork sausage links
½ tsp. bouquet sauce
½ tsp. water

Before defrosting potatoes, place links on baking rack; cover with waxed paper. Microwave at HIGH 4 to 6 minutes or until almost cooked. Combine bouquet sauce and water. Turn links over, rearrange and brush with bouquet mixture after half the cooking time. Set aside. Place on top of potatoes after first 6 minutes of cooking. Place hash browns in 8x8" dish. Cover with waxed paper. Microwave at HIGH 5 to 7 minutes or until potatoes are defrosted, breaking into small pieces after 4 minutes. Stir in cheese, milk and seasonings. Spread evenly in dish. Arrange frozen sausage links on top. Recover. Microwave at HIGH for 6 minutes. Remove sausages and stir potatoes. Arrange sausages on top. Combine bouquet sauce and water. Brush tops of sausages with bouquet sauce. Microwave at HIGH, uncovered, 2½ to 4 minutes or until sausages are hot and potatoes are tender.

MACARONI AND CHEESE

Mary Alice Hobbs

2 C. elbow macaroni
2 T. butter or oleo
2 T. flour
½ tsp. salt
Dash pepper
2 C. low-fat milk
1½ C. Cheddar cheese

Cook macaroni in 2 quarts of rapidly boiling water. Stir. Cook 6 to 8 minutes after water returns to a boil. Stir occasionally. Drain. While macaroni is cooking, prepare sauce by melting oleo in microwave in a 4-cup measuring cup. Add flour and salt, stir in milk. Cook on medium for 4 to 5 minutes until slightly thickened. Stir occasionally during cooking. Stir in cheese. When this mixture is creamy and cheese is melted, pour over macaroni in a 2-quart casserole, and microwave on MEDIUM for 2 to 4 minutes, turning dish half turn during cooking.

MARINATED SIRLOIN STEAK

Mary Alice Hobbs

1 beef sirloin steak	1 C. beef broth
2 T. soy sauce	½ tsp. Tabasco sauce
½ C. chili sauce	½ tsp. garlic powder
½ C. chopped onion	⅛ tsp. liquid smoke
2 T. oil	

Set aside steak. Combine all other ingredients and cook over low heat for 10 minutes, stirring occasionally. Cool. Place steak in shallow dish; pour marinade over steak. Let stand in refrigerator for 1 to 2 hours. Grill steak over hot coals for about 15 minutes. Turn and brush with marinade. Grill for 15 minutes longer or until steak is done as desired. Allow 30 minutes for rare and 35 minutes for medium. Slice into individual servings. Can be cooked in stainless steel skillet. Makes about 6 servings.

MEAT AND RICE STUFFED PEPPERS

JoAnn Lamb

6 med. green peppers	1 to 2 T. grated onion
2 finely diced or ground leftover meat, or cooked hamburger	1 C. cooked rice
	1 C. tomato soup or leftover gravy

Clean and boil peppers in water; drain. Fill peppers with rice mixture and top with buttered bread crumbs. Put peppers in baking dish, surround with ¾ cup meat stock or water. Bake at 350° for 25 to 30 minutes, basting frequently. For corn stuffed peppers, substitute a #2 can drained, whole corn, salt and pepper, 3 tablespoons butter and ½ cup shredded sharp cheese.

MEAT LOAF

Gladys Lauver

1 to 1½ lbs. ground beef	1 C. cracker crumbs, bread crumbs, oatmeal or Cream of Wheat
1 egg	1 tsp. salt and pepper
½ C. catsup, tomato sauce or juice	1 sm. or T. dry onion

Mix by hand until well blended. Add more liquid if too stiff. Bake 45 minutes at 350°.

MEXICALI SKILLET

Barbara Frisbie

1 med. onion, chopped
1 T. cooking oil
1-4 oz. can diced green chili peppers, drained
1-15 oz. can pinto beans
⅔ C. long grain rice (raw)
1-16 oz. can tomatoes
1 C. water
1 C. shredded cheese
1 tsp. chili powder

Cook onion in hot oil until tender, not brown. Cut up tomatoes and add undrained tomatoes, chili peppers, undrained beans, water and uncooked rice, stir in chili powder in skillet. Bring to boil. Reduce heat and cook 15 minutes more or until rice is tender, then on top arrange 5 ounce package small, smoked sausage or 4 fully cookied smoked sausages. Cut into 16 pieces, cover and simmer 5 minutes more until sausages are heated through and rice is tender. Sprinkle cheese on top and cook until cheese is almost melted.

MEXICAN MANICOTTI

Brenda Frisbie

½ lb. ground beef
1 C. refried beans
1 tsp. oregano
½ tsp. cumin
8 manicotti shells
1-8 oz. can picante sauce
1-8 oz. can taco sauce
1½ C. water
1-8 oz. carton sour cream
¼ C. chopped green onion
¼ C. chopped ripe olives

Brown ground beef. Drain. Add beans, oregano, cumin. Fill 8 uncooked manicotti shells with meat mixture. Arrange in 10x6x2" glass dish. Combine picante sauce, taco sauce and water. Pour over manicotti. Cover with vented plastic wrap. Cook in microwave oven on HIGH for 10 minutes, giving dish ½ turn once during cooking time. Using tongs, turn shells over. Cook, covered, at MEDIUM for 17 to 19 minutes, or until pasta is tender. Turn ½ turn once during cooking time. Combine sour cream, green onion, olives. Spoon down center of casserole. Top with 4 ounces shredded cheese. Microwave, uncovered, at HIGH for 2 to 3 minutes.

MICROWAVE MEZITTI

Judy Griffith

1 lb. ground beef
¼ C. chopped green pepper
1 med. finely chopped onion
1 T. chili powder
1 tsp. garlic salt
1-8 oz. pkg. fine egg noodles
1 can tomato soup
1 can mushroom soup
1 C. water
1 C. shredded Cheddar cheese

Place crumbled ground beef, pepper and onion in microwave dish. Cover and cook for 6 minutes on high. Stir in chili powder and garlic salt. Sprinkle noodles on top. Mix the soups and water together. Pour over the meat and noodles. Cook 10 minutes on HIGH, then 15 to 18 minutes on simmer. Sprinkle cheese on top, cover and let stand 5 minutes.

MINI BBQ BISCUIT CUPS

Carol Skellenger

1 lb. ground beef (15% fat)
½ C. BBQ sauce
1 T. minced onion
2 T. brown sugar
Pinch salt
1 can refrigerator biscuits
¾ C. favorite cheese

Brown all ingredients except biscuits and cheese. Open can of refrigerator biscuits. Press each in muffin cups, be sure they come all the way up the sides of the cup. Spoon meat mixture into the cups. Sprinkle with ¾ cup of your favorite cheese on top. Bake at 400° for 10 to 12 minutes. Makes 10. Good hot or cold. Salad and beverage are all you need for a meal.

MOCK STEAK

Brenda Frisbie

1½ lbs. hamburger
½ C. milk
1 C. bread crumbs
½ tsp. salt (or to taste)
½ tsp. pepper
½ tsp. onion salt
2 cans mushroom soup
2 C. water
1 pkg. brown gravy mix

Mix together first 6 ingredients. Pat onto cookie sheet, put in refrigerator overnight, uncovered. Next day, slice into steak sized squares. Flour and fry, then place in baking dish. Add 2 cans mushroom soup, water and package of brown gravy mix. Bake 1 hour at 350°, uncovered.

NICKERSON GRADE SCHOOL COOKS BIEROCKS

JoAnn Lamb

2 lbs. hamburger, cooked, drained
1½ tsp. oregano
1 head cabbage, ground fine
⅓ C. dried onion
2 C. grated cheese
Salt and pepper to taste

Mix all together and put in yeast dough, flattened into 4" squares. Fold sides of dough over filling until all edges are sealed. End product will look like a rock. If it looks like a wad of paper, you goofed! Any type of favorite bread dough, using yeast, can be used.

NOODLES AND CHEESE

Weight Watchers

8 oz. broad, eggless noodles
¼ C. part skim/ricotta cheese
¼ C. plain low-fat yogurt
¼ C. grated Parmesan cheese
1 T. diet margarine
¼ tsp. black pepper

Cook noodles according to package directions. Omit salt. Drain well and return to pan. Add ricotta cheese, yogurt, Parmesan cheese, margarine and pepper, toss well to mix. Transfer to warm platter and serve with cooked green vegetables. Makes 2 servings at 299 calories.

NU WAYS

Evelyn Clayton (Barb's Mom)

3 lbs. hamburger
½ tsp. oregano
¼ C. finely chopped onion
1 tsp. garlic powder
2 tsp. salt and pepper
2 T. Worcestershire sauce

Cook and steam for 1 hour. Add water as needed. Serve on buns with mustard and pickle.

OL' SETTLER BEANS

Dixie Willis McIlrath

1 lb. hamburger, browned
½ lb. bacon, fried, crumbled
1 onion, chopped
⅓ C. brown sugar
¼ C. ketchup
¼ C. B-B-Q sauce
2 T. maple syrup
1 tsp. black pepper
1 tsp. liquid smoke
1 T. chili powder
1 can lima beans
1 can pinto beans
2 cans pork and beans

Mix together and cook in crock pot on low for at least 4 hours.

ONE DISH MEAL

Charlene Gardner

2 lg. potatoes
½ tsp. salt
⅛ tsp. pepper
⅓ C. uncooked rice
1 lb. hamburger, uncooked
1 tsp. salt
1 sliced onion
2 sliced carrots
2 C. tomato juice

Slice potatoes fairly thin. Place in bottom of greased casserole dish and sprinkle with ½ teaspoon salt. Add rice, then hamburger and sprinkle with 1 teaspoon salt. Add sliced carrots and onion. Pour tomato juice over all. Cover and bake 2 hours in preheated 350° oven.

ONE PAN MEXICAN STYLE BEEF BAKE

Norma Warn

2 C. Bisquick or other baking mix
⅔ C. milk
2 eggs
1 lb. ground beef, cooked, drained
½ C. chopped onion
1 to 2 T. chili powder
½ tsp. ground cumin
½ tsp. garlic powder
1 C. shredded Cheddar cheese
2 tomatoes, chopped

Mix baking mix, milk and eggs in a greased rectangular baking dish (11x77x1½") with a fork until uniform color (it will be lumpy). Stir in beef, onion and seasonings. Spread evenly. Bake, uncovered, until top springs back when touched lightly in center, 25 to 30 minutes. Sprinkle with cheese and tomatoes. Bake just until cheese melts, 1 to 2 minutes. Serve with taco sauce or sour cream or guacamole.

OVEN BAKED CHICKEN

Mildred Clark Cody

1 cut up chicken	Salt
Flour	Pepper
1 lg. can evaporated milk	Butter

Wash and dry chicken. Place in large bowl and cover with can of evaporated milk. Move pieces around so all is coated well. Place in refrigerator overnight. Drain. Season with salt and pepper. Roll in flour. Place in greased baking dish and drizzle with butter. Bake in preheated oven at 450° for 15 minutes. Turn off oven. DO NOT open door! Leave in oven 45 minutes more. Can stay longer.

OVEN BAKED MEATBALLS

Mary Ellen Hobbs

3 beaten eggs	½ C. finley chopped onion
½ C. milk	2 tsp. salt
3 C. soft bread crumbs (4 slices)	3 lbs. ground beef

In bowl, combine eggs and milk, stir in crumbs, onion and salt. Add meat, mix well. Chill. With wet hands, shape meat into 72 balls, 1" in size. Place in baking dish. Bake at 375° for 25 to 30 minutes. Place meatballs on another pan to cool. Place in freezer just until frozen. Wrap balls in moisture proof bags and freeze.

OVEN STYLE SWISS STEAK (DIABETIC)

Karla McAllister

4 boneless veal cutlets (1 lb.)	1 T. snipped parsley
2 tsp. shortening	2 tsp. capers, drained
1-8 oz. can tomatoes, cut up	¼ tsp. garlic salt
1 tsp. Worcestershire sauce	¼ tsp. dried oregano leaves, crushed

Pound veal to ¼ to ⅛" thickness or have meat man tenderize cutlets. Brown quickly in hot shortening. Blend remaining ingredients; add to meat. Cover; simmer 35 to 40 minutes. To serve, spoon sauce over meat. Makes 4 servings. (250 calories per serving.)

PEPPER MEAT RINGS

Melba Cody Frank

3 to 4 med. green peppers	Pepper to taste
1 lb. lean ground beef	1 egg, beaten
1 C. cottage cheese	3 sm. cans tomato sauce
½ pkg. Lipton onion soup mix	1 C. sour cream

Combine meat, cottage cheese, soup mix, pepper and egg. Stuff peppers with mixture. Chill 1 to 2 hours. Cut peppers into 3 rings each. Arrange in buttered baking dish and surround with tomato sauce. Bake at 350° for 40 minutes. Remove and top each slice with sour cream. Bake 10 minutes longer. The meat mixture makes a good meat loaf without the peppers. Pour tomato sauce over loaf. Bake. Add sour cream later.

PEPPER STEAK

Sophia Gregg

2 to 3 lbs. flank steak
1 green pepper
1 can tomatoes
Soy sauce
Pepper
1 onion
1 can mushrooms
Oil
Garlic salt

Cube meat. Brown onion and meat in oil with garlic salt and pepper. Reduce heat and add remaining ingredients. Cover and simmer 30 to 40 minutes. Delicious served with rice.

PEPPER STEAK

Mrs. Harold Wells

1 lb. chuck or round, cut into strips
½ C. soy sauce
2 sm. green onions
2 tomatoes, sliced
1 C. water
1 clove garlic
½ C. oil
1 C. red or green peppers
2 stalks celery
Dash cornstarch

Saute beef strips in the soy sauce, garlic and oil until brown. Turn up heat, add sliced vegetables, cook about 10 minutes longer. Mix cornstarch with water, add to pan, cook until thickened. Serve over noodles or rice.

PIE SHELL AND PIZZA PIE (MICROWAVE)

Mary Alice Hobbs

PIE SHELL:
⅓ C. shortening
2 T. butter
1 C. flour (or whole wheat flour)
½ tsp. salt
3 T. cold water
3 drops yellow food coloring

PIZZA PIE:
1 lb. fresh pork sausage
¾ c. chopped onion
4 eggs, slightly beaten
½ C. milk
1 C. grated Cheddar cheese
½ tsp. oregano
Dash pepper
1 C. tomato sauce
3 oz. Cheddar cheese, thinly sliced

Make pie shell as any other shell. Roll out and prick crust in pan. Microwave on HIGH for 5 to 7 minutes, rotating dish ½ turn every 3 minutes. Check for doneness through bottom of pie plate. Crust will appear dry and opaque. Makes 1 single crust. For pizza pie, brown sausage and onions; drain. Combine eggs, milk, grated Cheddar cheese, oregano and pepper; add to meat mixture. Pour into pie shell. Bake in microwave 5 to 7 minutes on HIGH or until cheese is melted and hot in the middle. Rotate ½ turn after half the time. Let stand 5 to 10 minutes.

PISSALADIERE (ONION TART)

Karen Lovelock

1-10" unbaked pie crust
5 med. onions, thinly sliced
1 T. olive oil
2 T. water
2 cloves garlic, minced
½ tsp. dried thyme
½ tsp. dried oregano
2 T. Parmesan cheese
2 tomatoes, thinly sliced

Prick pie crust with fork in several places. Bake at 350° for 10 minutes. Set aside to cool. In large no-stick frying pan, saute the onions in the oil for a few minutes. Add the water, garlic, thyme, and oregano. Cook over low heat, stirring often, until onions are limp, about 10 minutes. If any liquid remains in pan, turn up heat and allow to boil off. Sprinkle bottom of pie crust with half the Parmesan. Spoon in the onions. Arrange tomatoes over the top, then sprinkle with remaining cheese. Bake at 350° for 40 minutes, until golden in color and cheese has melted. This pie comes from Mediterranean France and is good served hot or cold. If you like Swiss cheese, use ½ cup grated in place of the Parmesan.

PORK CHOPS AND DRESSING

Marie Hungerford

6-¾" thick pork chops
1 tsp. salt
1 tsp. paprika
½ C. milk

Place chops in shallow baking dish. Add the salt and paprika. Pour milk over chops and cover with dressing. Bake, uncovered, at 350° for 1 to 1½ hours.

DRESSING:
2 C. bread crumbs
¼ tsp. salt
Dash pepper
1 T. chopped onion
¼ C. melted butter

Mix together.

PORK CHOPS FOR WORKING WOMAN

Mary Ellen Hobbs

3 to 4 pork chops
1 can mushrooms
1 can mushroom or celery soup
1 soup can water
Dry onion, minced
Green pepper, optional
Salt and pepper
Minute rice

Brown chops in electric skillet on both sides, drain grease off. Layer the chops, mushrooms, onions, topping with Minute rice. Spread the soup over all and pour water to the side of mixture. Place lid on skillet. Cook at 300° (electric skillet) for 45 minutes to 1 hour. Can use chicken instead of chops.

PORK CHOPS IN DILL CREAM

Shandy (Gardner) Davis

4 loin chops, about ¾" thick	¾ C. lemon juice and chicken broth
Salt and white pepper	1 tsp. Dijon mustard
1 T. each butter or margarine and salad oil	2 T. lemon juice
1 shallot, finely chopped (or ¼ C. finely chopped onion)	2 tsp. dried dill weed
	½ C. whipping cream
	Lemon wedges for garnish

Sprinkle pork chops with salt and white pepper. Brown well on both sides in heated butter and oil in frying pan just large enough to hold the chops. Stir in shallot after turning chops to brown second side. Add broth, lemon juice, mustard and dill weed. Bring to boiling. Cover. Reduce heat. Simmer until chops are tender, 35 to 40 minutes. Remove chops to a warm serving dish. Keep warm. Skim and discard fat from cooking liquid; add cream. Bring to boil, stirring. Cook until reduced and slightly thickened. Taste and add salt if needed. Pour sauce over chops. Garnish with lemon wedges.

PORK CHOPS IN SOUR CREAM

Melba Cody Frank

6 pork chops	1 bay leaf
4 T. cooking oil	2 T. vinegar
Flour	½ C. sour cream
1 T. sugar	6 whole cloves
½ C. water	

Heat oil. Season flour and brown pork chops. Remove chops and add sugar, water, bay leaf, vinegar and sour cream to drippings. Bring to boil. Place chops in baking dish. Place clove in each chop. Pour sauce over chops. Cover and bake at 350° for 1 hour or longer. Remove clove before serving.

POT ROAST

Cleo Griffith

4 lbs. roast	¼ c. flour
1 tsp. salt and pepper	2 lg. sliced onions, garlic
2 T. oil	1 bay leaf
1½ C. water	6 potatoes and 6 carrots

Trim off fat. On waxed paper, mix flour, salt and pepper. Coat meat. Reserve remaining flour. Heat oil and brown meat. Brown onions and garlic, return meat. Add bay leaf and water. Bake at 325° for 3 hours. Add potatoes and carrots. Cook until done. Thicken liquid with remaining flour.

QUICHE

Mrs. Joyce McKee

1½ C. milk	3 eggs
½ C. Bisquick	Salt and pepper to taste
½ C. melted oleo	Bacon, cheese, or ham

Blend all ingredients about 10 seconds on high. Pour into greased pie plate. Microwave 8 to 10 slices of bacon. Crumble crisp bacon or ½ cup diced ham and sprinkle with cheese. Bake at 350° for 45 minutes. Remove and cool for 10 minutes before serving.

SALMONETTES

Daisy Cody

14 oz. salmon	½ C. sifted flour
1 whole egg	1 heaping tsp. baking powder

Open the salmon, drain liquid into measuring cup. Mix the salmon and egg in a mixing bowl (using a fork). Add ½ cup sifted flour and mix thoroughly with fork (will be real thick). To ¼ cup of the salmon liquid, add baking powder and mix with fork. Cup should be ¾ full of foam. Then add to the salmon mixture (will be thin). Use 2 ice teaspoons and drop about half full into the hot grease. Turn themselves as they cook. Will be done in a few seconds.

SATURDAY NIGHT DELIGHT

JoAnn Lamb

1 lb. ground beef	1 can chicken gumbo soup
1 T. catsup	1 T. prepared mustard
½ C. chopped onion	Dash garlic salt

Brown ground beef and onion. Add other ingredients. Simmer 15 minutes, serve on a hamburger bun.

SAUSAGE SQUARES (BRUNCH)

Louise Sherbert

1 lb. bulk sausage	¼ tsp. paprika
1 onion, chopped	2 C. biscuit mix
2 tsp. caraway seeds	¾ C. milk
1½ C. dairy sour cream	2 eggs
¼ tsp. salt	

Brown sausage; drain. Stir in onion, prepare biscuit mix, milk and egg. Mix well. Spread in 9x13" baking dish. Sprinkle with caraway seeds. Top with sausage mixture. Combine sour cream, salt, 1 egg and blend. Spoon over sausage. Sprinkle with paprika. Bake at 350° for 25 minutes. Cut into squares.

SCRAMBLED EGGS

Jerry Bowlby

10 eggs
5 slices cheese, tear into small pieces
1 T. garlic salt
Salt and pepper to taste

Beat all ingredients in bowl. Pour into greased skillet. Cook over medium-low heat. Cook to desired consistency.

SLOPPY JO FOR 100

C. W. F.

10 lbs. ground beef, browned and drained
8 C. water
1½ C. diced onions
2 C. Cream of Wheat
3½ C. catsup
1 C. mustard
⅓ C. sugar
¼ C. salt (scant)
1 T. pepper
2 T. chili powder
1-14 oz. tomato juice

Mix, cook until done.

SPAGHETTI WITH AMATRICIANA SAUCE

Norma Warn

This originated in the Sabine mountains northeast of Rome.

¼ lb. salt pork
1 med. onion, chopped
1 clove garlic, chopped
1 T. olive or vegetable oil
1-28 oz. can tomatoes
1 tsp. sugar
¼ to ½ tsp. pepper
8 oz. uncooked spaghetti
2 T. grated Romano cheese
2 T. grated Parmesan cheese

Trim rind from salt pork and dice pork. Cook and stir salt pork, onion and garlic in oil in 10" skillet until onion is tender; drain. Add tomatoes with liquid, sugar and pepper. Break up tomatoes with fork. Simmer uncovered until mixture is desired consistency, 30 to 40 minutes. Cook spaghetti, as directed; drain. Mix cheeses. Serve tomato sauce over spaghetti. Sprinkle with cheeses.

STEAK PICADO

Carol Skellenger

2 lbs. steak (round is good)
1 onion, sliced
1 or 2 green peppers
Lg. can tomatoes
Lg. bottle picante sauce
Oil

Slice steak into very thin pieces and brown 3 tablespoon oil. Add onion and green pepper and let saute 10 to 15 minutes. Add tomatoes and let simmer about 35 to 40 minutes until not too soupy. Add picante to taste ½ to 1 bottle. Serve over steamed rice.

STROGANOFF

Paula Hobbs

1½ lbs hamburger
2 T. oleo
1½ C. beef bouillon
2 T. catsup
Garlic
1 tsp. salt
8 oz. mushrooms
1 onion

Simmer all afternoon. Save out ⅓ cup bouillon; mix with 3 tablespoons flour to thicken stroganoff. Add sour cream just before serving. Serve over noodles or rice.

SWEDISH MEATBALLS

Lynn Landis

1 lb. lean ground beef
½ lb. ground pork
⅓ C. chopped onion
¾ C. bread crumbs or oatmeal
3 T. chopped parsley
½ tsp. celery salt
1½ tsp. salt
⅛ tsp. pepper
1 tsp. Worcestershire sauce
1 egg, beaten
½ C. milk
4 T. oil

Place ingredients in order given in bowl, except the oil. Cover and chill 2 hours or overnight, then mix well until blended. Shape into small balls and brown slowly in oil. White gravy and new potatoes complete the meal.

SWEET AND SOUR CHICKEN

Joan Peyton
(Melba Fossey's niece)

1 chicken, cut up, skinned OR
  2 lbs. chicken thighs, skinned
1 T. cornstarch
1 T. water
½ C. sugar
½ C. soy sauce
¼ C. vinegar
1 clove garlic
1 finger length piece fresh ginger (peeled
  and cut into 3 pieces or ginger powder)
¼ tsp. pepper

Combine all ingredients and mix well. Pour mixture over chicken and bake 2 hours at 325° (uncovered). Turn chicken over after 1 hour. Pineapple may be added before serving.

SWISS STEAK (DIABETIC)

First Christian Church Diabetics

1½ lbs. lean round steak, trimmed, cut into 6 serving size pieces
1 T. reduced calorie margarine, melted
1-16 oz. can stewed tomatoes, undrained
1 sm. onion, sliced
1 med. carrot, scraped, thinly sliced
1 tsp. Worcestershire sauce
½ tsp. salt
1 stalk celery, sliced
1 T. all-purpose flour
¼ C. water

Place each piece of steak between 2 sheets of heavy duty plastic wrap and flatten to ¼" thickness, using a meat mallet or rolling pin. Brown meat on both sides in melted margarine in a large skillet. Drain off excess fat. Add stewed tomatoes, sliced onion, celery, carrot and Worcestershire sauce to skillet. Cover and cook over low heat 1 hour and 15 minutes or until meat is tender. Transfer meat to a serving platter and keep warm. Skim excess fat from tomato mixture. Combine flour and salt; add water and stir until well blended. Stir into tomato mixture. Cook over medium heat, stirring frequently, 2 minutes or until thickened and bubbly. Remove sauce mixture from heat, and pour over meat. Serve immediately. Makes 6 servings at 202 calories each.
YIELD: 6 servings - 202 calories each.
EXCHANGES: 3 lean meat and 2 vegetable
CONTAINS: 72 mg. cholesterol, 10 grams carbohydrate, 25 grams protein, 6 grams fat, trace of fiber, 481 mg. sodium.

TATER TOPPED TAMALE PIE

Barbara Frisbie

3 or 4 potatoes
½ tsp. garlic salt
2 T. oil
1-6 oz. can tomato paste
1 tsp. salt
1 tsp. chili powder
½ C. chopped onion
1 lb. hamburger
1-16 oz. can tomatoes, drained
1-12 oz. can corn
⅛ tsp. pepper
¾ C. shredded Cheddar cheese

Overlap half the potato slices in 9" casserole. Saute onions and hamburger in oil. Add tomatoes, tomato paste, corn and seasonings. Spoon over potatoes. Arrange another layer of potatoes over meat mixture. Cover with foil. Bake at 350° for 45 minutes. Uncover and sprinkle on cheese.

TEXAS HASH

Mrs. Harold Wells

1 lb. ground beef, browned	1 or 2 tsp. chili powder
1 green pepper	1 lg. onion, chopped
1 lg. can crushed tomatoes in juice	2 tsp. salt
½ C. uncooked rice (regular, not instant)	2 tsp. pepepr

Brown beef with onion and green pepper. Drain off fat. Add tomatoes, rice and spices. Pour into ungreased 2-quart casserole. Cover and bake at 350° for 60 to 75 minutes.

TUNA TUMBLE

Weight Watchers

4 oz. tuna, drained, crumbled	⅓ C. powdered milk
1 slice bread	1 T. onions
½ C. water	

Use individual baking dishes. Put tuna in dish, rest of ingredients in blender, then pour over tuna. Bake at 350° for 1 hour. (1 serving equals 1 milk, 1 bread, 1 fish.)

TURKEY IN A BUN

Karyl White

2 C. turkey, chopped, cooked	½ C. mayonnaise
½ C. Cheddar cheese (American can be used)	½ C. celery
2 hard boiled eggs	2 T. onion

Hollow out bun. Spread with butter. Insert ¼ stuffing in each bun. Cover with foil. Bake at 400° for 15 to 20 minutes.

VEAL OSCAR

Mrs. Harold Wells

Lightly brown veal strips in vegetable oil. Wrap a slice of Swiss cheese and then a slice of ham in each veal strip. Arrange in bottom of greased pan and cover top with small jar of favorite spaghetti sauce. Bake at 350° for 45 minutes.

VEGETARIAN PIZZA (DIABETIC)

JoAnn Lamb

Vegetable cooking spray
½ C. chopped onion
1 clove garlic, minced
4 C. seeded and chopped tomatoes
3 T. red wine vinegar
2 T. minced fresh basil
2 tsp. dried whole oregano
¼ tsp. pepper
3-6" whole wheat pizza bread rounds
1 C. (4 oz.) shredded low-fat process American cheese
1 med. green pepper, chopped
1 sm. zucchini, sliced thin
3 oz. fresh mushrooms, sliced thin
2 T. grated Parmesan cheese

Coat large heavy skillet with cooking spray. Place over medium heat until hot. Add onion and garlic; saute until tender. Add chopped tomatoes, vinegar, basil, oregano, and pepper to skillet. Bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until sauce reduces by ⅓, stirring occasionally. Remove tomato mixture from heat and set aside. Cut a slit around edge of each bread round; carefully split apart. Place split bread rounds on a baking sheet. Bake at 450° for 5 minutes or until bread rounds begin to brown. Spread ¼ cup tomato mixture evenly over each toasted round. Sprinkle shredded American cheese equally over each round.

ANY DAY DRESSING

LaVergne Wilken

1 med. onion, diced, browned nicely in 4 T. oleo
10 slices bread, toasted, cubed
½ tsp. salt
¼ tsp. pepper
1 tsp. sage
½ C. celery
1 can chicken and rice soup and 1 can water, mixed well

Proceed in order of ingredients and pour mixture (mixed well) into greased pan or casserole. Bake 1 hour at 325° covered. Uncover the last 15 minutes to brown.

BAR-B-Q HAMBURGERS

Eva Barnes

1 C. bread crumbs
½ C. milk
1 lb. hamburger
Salt and pepper
2 onions (for top)

SAUCE:
3 T. sugar
3 T. vinegar
1 C. ketchup
1 T. Worcestershire sauce

Make into patties. Brown in skillet. Place in casserole. Cover with following sauce, combine liquid ingredients and pour over patties. Slice onion and place on top. Bake at 350° for about 1½ hours.

BEEF CARUSO

Barbara Frisbie

2 C. macaroni
1 C. grated cheese
½ C. milk
2 C. finely cubed, cooked beef
1 can mushroom soup
½ tsp. salt and pepper

Cook macaroni in salted water until tender. Drain. Place in bottom and around sides of greased casserole. Place beef in center. Sprinkle with cheese. Heat soup and milk and add salt and pepper. Pour into casserole and bake 30 minutes at 350°.

BREAKFAST CASSEROLE

Joan Smith

1 lb. pork sausage
6 slices bread, crumbled
1½ C. shredded Cheddar cheese
6 eggs, slightly beaten
1½ C. milk
1 tsp. mustard
Salt and pepper

Cook sausage, barely brown. Drain. Grease a 9x13" dish. Lay bread in. Pour sausage over bread. Add cheese. Mix eggs, milk and seasonings. Pour over top. Leave in refrigerator overnight. Bake 30 minutes at 350°.

BROCCOLI AND RICE CASSEROLE

Melba Fossey

1 C. celery
1 C. chopped onion
1 stick oleo
2 pkgs. chopped broccoli
1 C. Minute rice
Small can mushrooms
8 oz. jar Cheez Whiz
1 can cream of chicken soup
1 can cream of mushroom soup

Saute celery and onion in oleo. Cook broccoli and drain. Mix together rice, broccoli, cheese, soups, mushrooms; add sauteed celery and onion with oleo; mix well. Bake for 30 minutes at 350°. This will serve 20 people, but if half recipe is desired, halve all ingredients, but use one whole can cream of mushroom soup. (Precook rice according to package directions.)

CALIFORNIA CASSEROLE

Joan Peyton
(Melba Fossey's niece)

1 can shoe-peg (white) corn, drained
1 can French cut green beans, drained
1-8 oz. can water chestnuts, drained and sliced
½ C. finely chopped celery
½ C. finely chopped onion
1 can condensed cream of celery soup
1-8 oz. container sour cream

TOPPING:
1 wrapped cylinder Ritz crackers, crushed
1 stick margarine (½ C.) melted, mixed with crackers

Toss together all vegetables. Stir together soup and sour cream and fold into vegetables. Spread in buttered baking dish. Stir melted butter with crushed crackers and spread on top. Bake, uncovered, in oven at 350° for 45 minutes. Makes 8 to 12 servings.

CHICKEN AND BROCCOLI CASSEROLE

Opal Frisbie

2 pkgs. frozen broccoli
1 C. mayonnaise (not Miracle Whip)
2 C. cream of chicken soup
½ tsp. curry powder, optional
2 C. cooked, chopped chicken
1 tsp. lemon juice
½ C. shredded American cheese
Buttered bread crumbs

Cook and drain broccoli. Place chicken on top of broccoli. Combine and add other ingredients. Sprinkle cheese over top. Place bread crumbs on top. Bake at 350° for 30 minutes. Makes 6 servings.

CHICKEN CASSEROLE

Joan Smith

4 lg. double chicken breasts, cooked, cut into chunks
1-8 oz. can water chestnuts,chopped
1 can cream of mushroom soup
2 C. celery, chopped fin
1 C. mayonnaise
½ sm. onion, chopped

TOPPING:
1 sm. pkg. Pepperidge Farm corn bread dressing
¼ C. melted butter

Combine all casserole ingredients and place in 9x13" pan. Mix melted butter with dressing and place on top. Bake 30 minutes at 350°. This is a good casserole to freeze.

CHICKEN ENCHILADA CASSEROLE

Wilma Sturgeon

1 C. onion, chopped
½ C. green pepper
2 T. margarine
2 C. cooked turkey or chicken
1 oz. can green chili sauce with pork
1½ C. shredded cheese
3 T. margarine
¼ C. flour
¾ tsp. salt
2½ C. chicken broth
1 C. sour cream
12-6" tortillas

In large saucepan cook onion and green pepper in 2 tablespoons butter until tender. Combine onion mixture with chicken in bowl (I usually add a small amount of sauce to this). Divide among tortillas and roll. For sauce, in same pan, melt 3 tablespoons margarine, stir in flour, *salt, then* chicken broth, stir until it thickens. Add green chili sauce and heat until bubbly. Remove from heat and stir in sour cream and pour over tortillas. Cover with cheese and bake at 350°. Bake about 25 minutes or until bubbly.

CHICKEN ENCHILADA CASSEROLE

Barbara Frisbie

1 can cream of chicken or
mushroom soup
½ C. chopped onion
6 corn tortillas (6"), cut in thick strips
2 C. chunked, cooked chicken
¾ C. milk
1-4 oz. can chopped green chilies
1 C. shredded Cheddar cheese

Mix soup, milk, onion and chilies in bowl. In baking dish, layer half the tortillas, top with half the chicken and sprinkle half the cheese over chicken. Spoon half the soup mixture over the chicken. Repeat layers ending with cheese. Cover and refrigerate overnight. Bake at 350° for 1 hour or until bubbly. Works well in the microwave.

CHICKEN SUPREME

Eva Barnes

1 lg. chicken cooked, chopped
4 C. broth
1½ C. chopped celery
2 well beaten eggs
1 sm. onion, chopped
1 can cream of mushroom soup
1½ C. grated Cheddar cheese
4 C. Ritz crackers (save 1 C. for top)

Mix all together, put in baking dish or 9x13" pan. Bake about 1 hour at 350°. Can be fixed several days ahead and frozen.

CHICKEN TETRAZZINI

Janeil Klassen

2 C. cubed chicken or turkey
1 sm. jar pimento
1 C. chopped green pepper
1 onion, chopped
2 cans cream of mushroom soup
1½ C. chicken broth
1 sm. jar mushrooms
½ tsp. salt
1 tsp. pepper
1¼ C. dry spaghetti
2 C. shredded sharp cheese

Mix all the ingredients together. The spaghetti should be broken into small pieces. Reserve a cup of the shredded cheese for the top of the casserole. Put into a 9x13" pan. Top with remaining cheese. Bake at 350° for 45 to 60 minutes.

CHILI RELLENOS CASSEROLE

Melba Cody Frank

2-4½ oz. cans Ortega green chilies
½ lb. Tillamook cheese
½ lb. Jack cheese
1½ T. flour
½ tsp. salt
2 eggs, separated
1 sm. can milk plus 2 T. regular milk
1 sm. can tomato sauce

Wash chilies and remove seeds. Drain on paper towel. Layer with cheese in greased casserole dish. Beat egg yolks, add milk, flour and salt. Add to stiffly beaten egg whites. Pour over chilies and cheese. Bake at 325° for 1 hour. Top with tomato sauce and bake 30 minutes.

CORN CASSEROLE

Jamie Arneson

1 can whole kernel corn
1 can creamed corn
1 C. macaroni
1-8 oz. Velveeta cheese

Combine corn, macaroni and cheese in baking dish. Bake at 350° until macaroni is tender, about 1 hour.

CORN-PONE CASSEROLE

Barb Frisbie

1 lb. hamburger, cooked, drained
1 med. onion, chopped
4 tsp. chili powder
½ tsp. salt
1-28 oz. can tomatoes
1½ tsp. sugar
¼ tsp. cracked black pepper
1-15¼ to 19 oz. can red kidney beans, drained
1-12 to 14 oz. pkg. corn muffin mix

Brown meat and onions. Cook until liquid evaporates. Stir in chili powder, cook 1 minute. Stir in tomatoes plus their liquid, sugar, salt and pepper. Reduce heat to low simmer for 30 minutes. Stir in beans. Pour into 12x8" baking dish. Mix cornmeal muffin mix as directed. Pour over hamburger mixture and spread to cover. Bake casserole, uncovered, 15 to 20 minutes. Makes 6 servings.

COUNTRY HAM CASSEROLE

Wanda Fountain

1 lb. Velveeta, cubed
1 C. milk
½ C. Miracle Whip
2 C. cooked ham, chopped
1-10 oz. pkg. frozen broccoli, cooked, drained
1-5 oz. pkg. spaghetti, cooked, drained
1 T. chopped olives

Heat milk, cheese and Miracle Whip over low heat until sauce is smooth, stirring often. Add remaining ingredients. Mix. Pour into casserole. bake at 350° for 35 to 40 minutes.

DRIED BEEF CASSEROLE

Ruth Clark Scott

1 can mushroom soup
1 C. milk
3 T. chopped onion
1 C. elbow macaroni, uncooked
¼ lb. diced Cheddar cheese
¼ lb. dried beef, cut fine
3 hard boiled eggs, chopped or sliced

Place in buttered, covered casserole dish in refrigerator overnight. Bake at 350° for 1 hour. Remove cover last 15 minutes.

EGG CASSEROLE

Dixie Willis McIlrath

1 lb. cooked sausage or 1 lb. cooked bacon or ham
10 eggs, beaten
4 C. milk
2 tsp. dry mustard
½ tsp. onion salt
½ tsp. pepper
1½ tsp. salt

Grease a cake pan (8x12"). Layer 6 slices bread (can use cubed). Layer of meat. Layer of shredded Cheddar cheese. Mix eggs, milk and spices together. Pour over layers in pan. Cover with foil. Refrigerate overnight. Bake at 325° for 45 minutes or until knife inserted in center comes out clean. Can be frozen and thawed before baking.

EGGPLANT CASSEROLE

Sue Griffith

Eggplant, cubed
2 slices bread, toasted, cubed
1 chopped onion
1 C. chopped celery
1 C. chopped pepper
½ C. oleo
2 eggs, beaten
½ C. crackers
½ C. shredded Cheddar cheese

Cook eggplant 5 minutes and drain. Stir in bread. In large skillet, cook onion, celery, pepper in oleo. Stir in eggplant and eggs. Put in pan and bake at 350° for 30 minutes.

GREEN CHILIES AND SOUP CASSEROLE

Cindy Hobbs

1 doz. corn tortillas
Grated cheese

HEAT THE FOLLOWING:
1 can chopped green chilies
1 can drained tuna
1 can cream of mushroom soup
1 can cream of chicken soup
½ can milk
Dash salt

Dip dry tortilla into heated mixture. Stack alternately in pan. Sprinkle with cheese. Pour remaining sauce over shells and sprinkle with cheese. Bake at 350° for 25 minutes or until heated thoroughly.

GREEN RICE

Norma Warn

3 C. cooked rice
1 C. milk
1 tsp. Worcestershire sauce
½ C. minced parsley
1 C. minced spinach
2 eggs, well beaten
½ C. grated sharp cheese
1 sm. onion, minced
1 clove garlic, minced
½ tsp. salt

Combine all ingredients. Pour into a well greased casserole. Bake at 325° for 45 minutes.

GRITS CASSEROLE

Elaine Warn
Submitted by Norma Warn

1 C. grits
¼ lb. butter or oleo
1 roll Kraft bacon cheese
3 eggs, well beaten
⅔ C. milk
½ C. grated cheese (more if needed, up to 1 C.)

Cook grits according to directions on package. While hot, add butter and bacon cheese. Stir until melted. Let cool slightly. Add milk to eggs. Stir into grits. Pour into greased 2-quart casserole. Sprinkle with grated cheese. Bake 45 minutes to 1 hour in 350° oven.

HAM AND NOODLE CASSEROLE

Vivian Gregg

1 lb. raw ham, ground
½ lb. American cheese, grated
1 green pepper
6 oz. fine noodles
1 can mushroom soup
1½ C. water
½ tsp. salt

Put the ham, cheese and pepper through a chopper. Add noodles, soup, water and salt. Pour into a well greased casserole. Bake 1 hour at 350°. Makes 8 servings.

HAMBURGER CASSEROLE

Sophia Gregg

1 lb. hamburger
Diced onion
1 sm. can tomato paste
Grated cheese
1 can green beans
Leftover mashed potatoes
 thinned to spreading consistency
Seasoning to taste

Brown and drain hamburger and onion. Add the tomato paste, drained green beans. Season to taste. Put in casserole. Cover with the mashed potatoes. Top with grated cheese. Bake in moderate oven until thoroughly warm and bubbly. Enjoy!

HAMBURGER-POTATO CASSEROLE

Janeil Klassen

Brown 2 pounds lean ground beef. Add 2 cans cream of mushroom soup. Put ½ of the meat mixture in a greased 9x13" casserole. Slice 2 large potatoes on top and add 2 onions, sliced on top of that. Add remaining meat mixture on top and cover with foil. Bake at 350° for 1 hour and 15 minutes.

KING RANCH CHICKEN

Eva Barnes

1 lg. cooked, chopped chicken
3-4 oz. cans chopped green chilies
3 cans cream of chicken soup
1 pkg. corn tortillas (24 quarters)
1 sm. onion, chopped
Velveeta cheese (or if you want it hot, use
 jalapeno cheese)

This fills a 3½-quart crock pot. Mix soup and chicken. Start with soup mixture and layer all in crock pot ending with cheese. Cook on high for about 2 hours.

LAYERED CASSEROLE

Gladys Lauver

1 lb. hamburger, cooked, drained
2 med. onions
1 can green beans, drained
1 can tomato soup
2 slices bread, cubed
1 C. shredded cheese

Cook hamburger; drain. Cut onions in rings, saute. Make layers of hamburger on bottom, then onions, green beans. Pour tomato soup on top. Add cheese and last, add bread cubes. Bake at 350° for 1 hour.

LAZY DAY OVERNIGHT LASAGNA

Janeil Klassen

1 lb. mild Italian sausage or ground beef
1-32 oz. jar prepared spaghetti sauce
1 C. water
1-15 oz. carton ricotta cheese
2 T. chopped, fresh chives
½ tsp. oregano leaves
1 egg
8 oz. uncooked lasagna noodles
1-16 oz. pkg. sliced mozzarella cheese

In large skillet, brown meat; drain well. Add spaghetti sauce and water; blend well. Simmer 5 minutes. In medium bowl, combine ricotta cheese, chives, oregano and egg. Mix well. In bottom of ungreased 9x13" pan, spread 1½ cups of meat mixture; top with half of the noodles, half of the cheese mixture and half of the mozzarella cheese. Repeat with remaining meat sauce. Sprinkle with Parmesan cheese. Cover and refrigerate overnight. Heat oven to 350°. Uncover baking dish and bake 50 to 60 minutes or until noodles are tender and casserole is bubbly. Let stand 15 minutes before serving. Makes 12 servings.

MEATBALL CASSEROLE

Millie Hobbs

1 lb. ground beef
¼ lb. pork sausage
2 C. dry bread crumbs
⅓ C. evaporated milk
2 T. chopped onion
1 tsp. chili powder
⅛ tsp. pepper

Mix well and shape into small balls and brown. Cover and cook 10 minutes. Place in 2½-quart casserole.

1 can cream of mushroom soup
1 can cream of celery soup
1 can evaporated milk
½ C. water

Combine and heat until steaming. Pour over meatballs and top with biscuits.

CHILI CHEESE BISCUITS (Sift):
1½ C. flour
3 tsp. baking powder
½ tsp. chili powder
¼ tsp. salt

CUT IN:
⅓ C. shortening

COMBINE:
1 unbeaten egg
⅓ C. evaporated milk

Add to dry ingredients. Stir until dough clings together, knead on floured board 10 times. Roll out to 12" square. Sprinkle with 1½ cups shredded American cheese and 1 tablespoon dried parsley. Roll up and cut into 8 slices and place in casserole on top of meatball mixture. Bake at 400° for 20 to 25 minutes.

MEXICAN CASSEROLE

Vivian Gregg

1 lb. hamburger
1 onion, chopped
1 tsp. garlic powder
1 can tomato and green chilies
1 pkg. chili mix
1 can stewed tomatoes
1 can chili beans
1 can mushroom soup
2 C. longhorn cheese, grated
1 pkg. corn tortillas

Brown the hamburger and onion. Add all other ingredients except cheese and tortillas. Alternate mixture with cheese and tortillas in a baking dish at least twice. Bake 45 minutes at 350°.

POT LUCK SPECIAL (CREAM CORN WITH CORN BREAD MIX)

Barbara Frisbie

2 cans creamed corn
1 tsp. minced onion
Green pepper, if desired
1 box Jiffy corn bread mix
1 C. cooking oil
1-4 oz. jar pimento, chopped
1 C. grated cheese

Mix all together and put in casserole. Bake at 350° for 45 minutes.

POTATO CASSEROLE

Melba Fossey

1-32 oz. pkg. Mr. Dell's hash browns (found in frozen dept.)
½ C. plus 2 T. butter or margarine
1 C. cream of chicken soup
1 pt. sour cream
½ C. milk
½ C. chopped onions
2 C. grated, Cheddar cheese
1 C. crushed cornflakes

Preheat oven to 350°. Melt ½ cup butter and pour into 9x12" baking pan. Then add ½ package of Mr. Dell's hash browns. In separate bowl, mix soup, sour cream, milk, onions; then pour ½ of this mixture over hash browns. Sprinkle 1 cup grated cheese on top. Add remainder of hash browns, and pour remainder of mixture on top. Sprinkle remainder of cheese on top, then cover with crushed cornflakes. Pour 2 tablespoons melted butter over mixture and bake 45 minutes. Makes 12 servings.

MICROWAVE: Prepare as shown above and cook 16 to 20 minutes, turning dish ¼ turn, 4 times during cooking. CAUTION: do not use metal baking pan when microwaving.

SPANISH RICE

Louise Sherbet

1 lb. hamburger
1 C. minced onion
1 C. rice, raw
1 tsp. salt
1 lg. can tomatoes
1 can tomato sauce
2 C. water

Brown hamburger, rice, onion and 1 teaspoon salt in heavy pan. Drain. Blend tomatoes and sauce in blender. Put in oven or crock pot. Add water (more if needed). Bake at 350° for 2 hours or until done. In crock pot, may take longer. Can use ground turkey.

STEAK CASSEROLE

Mary Ellen Hobbs

¼ C. shortening
1 lb. round steak, cubed
¼b C. flour
2 tsp. salt
½ tsp. pepper
½ tsp. paprika
2 C. boiling water
1½ C. forzen peas

Roll meat in mixture of flour and seasoning. Brown meat in hot fat. Add boiling water and simmer 1 hour. Add potatoes and peas. Cook 10 minutes longer. Pour into greased casserole dish and place biscuits on top. Bake at 400° for 30 to 35 minutes.

STUFFED CARROTS WITH RICE

Eva Marie Barnes

1 pkg. lg. carrots
⅓ lb. Velveeta cheese
1 green pepper
⅓ C. rice

Peel and cook carrots in salt water; let cool. Cook ⅓ cup rice. While hot, add ⅓ pound Velveeta cheese and stir until melted. Chop 1 green pepper, fine and add. Season with salt and butter. Slice carrots in half. Place in greased baking dish, add rice mixture. Add 1 cup water that carrots were cooked in. Cover with buttered bread crumbs. Bake 35 minutes in 350° oven or until crumbs are brown.

SUPER EASY BROCCOLI CASSEROLE

Charlene Gardner

2 pkgs. frozen broccoli
2 cans cream of mushroom soup
1 C. Minute rice
½ can water chestnuts, sliced
2-4 oz. pkgs. shredded Cheddar cheese
¼ C. liquid (either juice from broccoli or milk)

Cook broccoli according to the directions on the package. Drain; reserving ¼ cup liquid, if desired and cool. Mix all ingredients together except for ¼ cup cheese. Place in a casserole and top with remaining cheese. Bake 45 to 50 minutes at 350°. Makes 6 to 8 servings.

TAGLIONE

Janeil Klassen

2 lbs. ground round steak
1 sm. pkg. wide noodles, cooked
1 can ripe olives
2 cloves garlic
2 sm. onions
1-#2 can cream corn
1 box frozen corn
1-#2½ can tomatoes
1 lg. green pepper
2 T. chili powder
Salt and pepper to taste
Sharp cheese, grated

Saute onion, pepper, garlic and meat. Combine other ingredients and put into buttered casserole. Sprinkle with grated cheese. Bake 1 hour at 350°. Makes 10 to 12 servings.

TATER TOT CASSEROLE

Mrs. Joyce McKee

1 lb. hamburger
1 can mushroom soup
Sm. onion, optional
Cheese slices
Tater Tots

Brown ground beef; drain. Line casserole dish with beef. Add 1 can mushroom soup. Slice onion over soup. Cover with slices of cheese. Add layer of Tater Tots. Bake at 350° until brown and bubbly.

TUNA CASSEROLE

Opal Frisbie

1 sm. can tuna
1 can mushroom soup
1-5 oz. can chow mein noodles
1 can chicken rice soup
1 sm. can evaporated milk
Potato chips (enough for topping)

Mix all ingredients. Place in 9x9" greased pan. Crush potato chips on top. Bake at 350° for 35 minutes.

TUNA MAC

Charlene Gardner

1 box Kraft macaroni cheese dinner
(7¼ oz., cook as box directs)
1 T. Worcestershire sauce
1-17 oz. can peas
1-6½ oz. can tuna

THEN ADD:
1-10¾ oz. can cream of mushroom soup

Put in casserole dish and cook in oven at 350° for 30 minutes.

TUNA NOODLE CASSEROLE

Paula Hobbs

1½ C. uncooked noodles	2 T. milk
½ can cream of mushroom soup	Salt and pepper for taste
¼ C. processed cheese (Velveeta)	½ can drained tuna

Cook noodles following directions on package. In large bowl, combine soup, cheese, milk and add tuna. Combine noodles in soup mixture. Pour mixture into glass dish. Cook. Microwave for 3 to 4 minutes or oven bake 20 minutes at 350°. Top with cracker crumbs or bread crumbs and serve.

NOTE: For a family of 4 or more, I usually double the recipe.

TURNIP CASSEROLE

Barbara Frisbie

4 med. turnips	3 T. oleo
3 T. flour	½ tsp. salt
Pepper to taste	1½ C. milk
1 can Cheddar cheese soup	½ to ¾ C. ham, diced
½ C. crushed cornflakes or cracker crumbs	

Peel and slice turnips, cook in salted water. Drain and put in 1½-quart casserole. Brown ham slightly in oleo and add flour, salt and pepper. Add milk gradually while stirring ham mixture. Cook until thick. Stir in soup. Pour sauce over turnips and top with crumbs. Bake at 350° until bubbly, about 15 to 20 minutes.

UPPER CRUST CHICKEN

Barb Frisbie

10 white bread slices (day old)	1 C. real mayonnaise
2 C. chopped, cooked chicken	2 eggs, slightly beaten
1 C. celery, chopped	½ tsp. salt
2 C. (8 oz.) shredded Cheddar cheese	½ tsp. poultry seasoning
	1½ C. milk

Trim crust from bread, save crust. Cut diagonally into quarters. Cut reserved crust into cubes. Combine bread cubes, chicken, celery and 1¾ cups cheese; mix well. Spoon into 11¾x7½" baking dish. Arrange bread quarters over chicken mix. Combine mayonnaise, eggs and seasoning well. Pour over bread. Sprinkle with rest of cheese. Cover. Refrigerate several hours or overnight. Bake, uncovered at 375° for 30 minutes. Makes 8 servings.

VEGETABLE CASSEROLE

Wanda Fountain

1 stick oleo, melted	1 C. grated cheese
1 can French style green beans, drained	1 can cream of celery soup
1 can white shoepeg corn, drained	1 can sliced water chestnuts, drained
½ C. chopped onion	1-8 oz. carton sour cream
	1 tube Ritz crackers, crushed

Pour green beans into a 9x13" pan. Then put in corn. Layer water chestnuts, onion, then cheese over vegetables. Mix cracker crumbs with oleo and put on top of casserole. Bake at 350° for about 45 minutes or until brown.

VEGETABLE CASSEROLE

Merla Cunday

2-10 oz. pkg. frozen broccoli	1-10 oz. pkg. frozen cauliflower
1-10 oz. can cream of celery soup	1 C. cubed Velveeta cheese
3 T. butter or oleo, melted	1 C. cracker crumbs

Cook vegetables as directed on package; drain. Place in ungreased baking dish (9x13"). Combine soup and cheese, heat until smooth, stirring. Pour over vegetables. Combine butter and crumbs; sprinkle over top. Bake at 350° for 30 minutes.

NOTE: This can be prepared ahead of time, refrigerated, baked, then served.

WILD RICE CASSEROLE

Joyce (Smith) Davis

½ C. wild rice (washed many times in cold water

Drain the soaked rice, cover again with cold water and boil over medium heat for 30 minutes; drain. (½ cup rice will make 1 cup after soaking and boiling according to above instructions.)

¼ C. chopped celery	¼ C. chopped onion

Saute celery and onion in small amount of butter or margarine.

1 lb. pork sausage, browned, drained

Mix rice, onions, celery with the sausage and add:

1 C. bread crumbs	1 can mushroom soup
1 C. milk	

Mix all ingredients together and place in buttered casserole. Bake at 350° for 45 minutes.

YANKEE BACON BAKE

Mary Ellen Hobbs

½ lb. sliced bacon	1 tsp. baking powder
½ C. yellow cornmeal	½ tsp. salt
1 C. milk	1 C. milk
½ C. flour	3 beaten egg yolks
1 T. sugar	3 stiffly beaten egg whites

Cook bacon until crisp and coarsely crumble. Set bacon aside. In saucepan, stir cornmeal into the 1 cup milk; cook, stirring constantly until mixture is thickened and bubbly. Remove from heat. Stir together flour, sugar, baking powder, and salt; blend into cornmeal mixture. Stir in the remaining 1 cup milk and egg yolks; fold in the beaten egg whites and crumbled bacon. Turn into a greased 1½-quart casserole or souffle dish. Bake, uncovered, at 325° for 55 to 60 minutes.

YUM-A-SETTA

Brenda Frisbie

2 lbs. hamburger	1 can tomato soup, undiluted
Salt and pepper to taste	1-16 oz. pkg. egg noodles
Little brown sugar	1-8 oz. pkg. processed cheese
¼ onion, chopped	

Brown hamburger with salt, pepper, brown sugar and onion. Add tomato soup. Cook egg noodles; drain. Add cream of chicken soup. Layer hamburger mixture and noodle mixture in casserole dish with processed cheese between layers. Bake at 350° for ½ hour.

YUM-YUM CASSEROLE

Dixie Willis McIlrath

1-6 oz. box long grain or wild rice, cooked	¼ tsp. dry mustard
1 lb. broccoli, steamed	¼ tsp. curry powder
3 C. chicken or ham	1 C. crushed croutons
2 C. shredded cheese	2 T. margarine
2 C. fresh or canned mushrooms	¼ C. grated Parmesan cheese
1 can cream of celery soup	1 C. mayonnaise

Spray coat a 9x13" pan. Layer rice, broccoli, meat, cheese and mushrooms into pan. Combine soup, mayonnaise, mustard and curry. Pour over layers. Combine crushed croutons and margarine. Top layers. Sprinkle with Parmesan cheese. Bake in 350° oven for 30 minutes.

ZUCCHINI CASSEROLE

Barbara Frisbie

4 C. grated, raw zucchini
½ C. Bisquick
⅛ tsp. pepper
2 C. shredded cheese
1 tsp. salt
⅛ tsp. garlic powder
4 beaten eggs

Combine all ingredients and dot with butter and bake in 325° oven for 30 minutes until brown. Put in 1-quart casserole.

APPLE CANDIED YAMS

Sharon Gregg Borth

2 C. sliced apples
½ C. brown sugar
2-17 oz. cans yams, drained
2 C. marshmallows
⅓ C. chopped pecans
½ tsp. cinnamon
¼ C. margarine

Toss apples and nuts with combined brown sugar and cinnamon. Alternate layers of apples and yam in 1½-quart casserole. Dot with margarine. Cover and bake at 350° for 35 to 40 minutes. Top with marshmallows and brown.

BAKED BEANS

Jim Warn

AMOUNT FOR 4 GALLONS:
5 lbs. hamburger
1 box brown sugar
¼ C. vinegar
4 onions, chopped
4 lbs. bacon, chopped, cooked
1-#10 can pork and beans
1-#10 can limas
1-#10 can red kidney beans

AMOUNT FOR 1 GALLON:
1½ lbs. hamburger
¼ box brown sugar
½ oz. vinegar
1 onion, chopped
1½ lbs. bacon
1-16 oz. can pork and beans
1-16 oz. can limas
1-16 oz. can red kidney beans

AMOUNT FOR ½ GALLON:
¾ lb. hamburger
⅛ box brown sugar
¼ oz. vinegar
½ onion, chopped
¾ lb. bacon
¾ can pork and beans
¾ can limas
¾ can red kidney beans

Cook hamburger and onions until done. Add other ingredients. Cook on top of stove until thoroughly cooked and heated or bake in 350° oven for 20 to 45 minutes, depending on quantity.

BAKED BEANS

Millie Hobbs

1 can pork and beans
1 tsp. mustard
½ lb. sliced bacon
1 T. to 1 C. brown sugar
1 tsp. ginger
2 to 4 T. molasses
1 T. salt

Mix together. Fry bacon. Bake about 1 hour or until hot.

BAKED BEANS

Susan Johanning Durant

2 cans pork and beans
1 C. chopped green pepper
1 C. brown sugar
½ C. chopped onion
1 C. chopped celery
1 C. catsup

Mix together and bake about 30 minutes.

BAKED BEANS FOR 50

C. W. F.

4 lbs. pinto beans, drain
2 C. brown sugar
1 C. sorghum
4 C. catsup
1 C. diced onion
6 tsp. salt
1 T. dry mustard
1 T. dry ginger
1 lb. bacon, chopped, fried

Mix together and simmer until done. Makes 2 gallons.

BAKED TOMATOES

Helen Slifer

1 can tomatoes (can use fresh)
2 C. chopped cabbage
2 C. dried bread crumbs
1 onion, chopped
Salt and pepper
½ C. sugar
1 C. sour cream

Mix together. Bake in casserole at 350° for 35 to 40 minutes.

BARBECUED GREEN BEANS

Dixie Willis McIlrath

2 cans green beans, drained
4 slices bacon, cut up
¼ C. chopped onion
½ C. catsup
¼ C. brown sguar
1 T. Worcestershire sauce

Combine bacon, onion, catsup, brown sugar, and Worcestershire sauce and simmer 2 minutes. Pour over beans. Do not stir. Bake 20 minutes at 350°.

BROCCOLI SOUFFLE

Weight Watchers

2 T. plus 2 tsp. diet margarine
3 T. flour
1 C. evaporated skimmed milk
¼ tsp. salt
½ tsp. pepper
4 med. eggs, separated
3 C. frozen broccoli, cooked
6 oz. finely diced ham
1 oz. finely chopped onion
¼ tsp. nutmeg

Make white sauce (first 5 ingredients). Remove from heat. Stir in egg yolks. Transfer to larger bowl. Add broccoli, ham, onion and nutmeg. Cool to room temperature. In separate bowl, beat egg whites stiff. Fold into cooked broccoli mixture. Set casserole in pan containing 1" hot water. Bake at 350° for 1 hour or until an inserted knife comes out clean. Makes 4 servings. Divide evenly.

EACH SERVING EQUALS: 2 fat, 2¼ something extra, ½ serving milk, 1 egg, 1½ vegetables, 1½ ounce meat group, ¼ ounce limited vegetables.

CANDIED CARROTS

Heather D. Heller

6 med. carrots (1½ lbs.)
¾ C. brown sguar
6 T. water
3 T. butter or margarine

Wash and scrape carrots. Cook 15 to 25 minutes or until tender. Meanwhile, combine brown sugar, water and butter in saucepan, stirring constantly. Cook over medium heat until sugar is dissolved. Drain carrots and place in small baking dish. Cover with sugar mixture. Bake at 350° for 10 minutes or until carrots are completely glazed.

CARROT CASSEROLE

Rosanne Wilson

1 lb. carrots (peeled, thinly sliced or grated)
½ C. chopped onion
¾ C. sour cream (might substitute plain yogurt for part of sour cream)
1 can cream of mushroom soup
1 tsp. lemon juice
1 C. Pepperidge Farm corn bread dressing
2 beaten eggs
Salt and pepper

Mix all ingredients, eggs last. Pour into buttered casserole and sprinkle with paprika. Bake for 50 minutes at 350°.

CITRUS BEETS

Mary Alice Hobbs

¼ C. sugar
2 T. flour
¼ C. unsweetened fresh orange juice
1 T. fresh lemon juice
2 T. melted butter or margarine
2 C. cooked, diced beets

Mix sugar, flour, juices and butter in small saucepan. Cook over low heat until thickened, stirring frequently. Stir in beets; heat thoroughly. Makes 4 to 5 servings.

CORN PUDDING (MICROWAVE)

Mary Ellen Hobbs

2 T. butter or margarine
2 eggs, slightly beaten
1 C. milk
1-12 oz. can cream style corn
2 T. flour
1 tsp. salt
½ tsp. pepper

Place butter in bowl and melt. Add remaining ingredinets and cover with plastic wrap and microwave on HIGH or until pudding is slightly soft in center. Let stand, covered, 5 minutes until pudding is set.

CORN WITH CREAM CHEESE

Mrs. Stanley Wells

¼ C. milk
1 pkg. cream cheese
1 T. margarine
½ tsp. salt
⅛ tsp. pepper
3 C. whole kernel corn, drained

Combine milk, cheese, margarine, salt and pepper in saucepan; cook over low heat, stirring constantly until cheese melts and it is blended. Add cooked corn and heat together. You can serve like this or put it in a casserole and keep warm in oven. May put buttered bread crumbs or crackers on top.

CREOLE GREEN BEANS (DIABETIC)

JoAnn Lamb

⅔ C. diced celery
1-9 oz. pkg. frozen, cut, green beans, drained
2 C. stewed tomatoes with green pepper, onion
½ tsp. salt, optional
⅛ tsp. pepper

Combine all ingredients, except beans and simmer until celery is tender. Add beans and cook until tender. Makes 8 serving. (25 calories per serving.)

EXCHANGES: 1 serving equals 1 vegetable.

CROCK POT MASHED POTATOES

Cindy Hobbs

12 potatoes, boiled, mashed in the usual manner
8 oz. cream cheese
1 tsp. powdered cumin

Mix together and put in refrigerator. 3 hours ahead of serving, heat in crock pot on low.

CURRIED CABBAGE

Opal Frisbie

4 C. shredded cabbage
1 tsp. salt
2 C. boiling water

SAUCE:
2 C. milk
4 T. flour
4 T. margarine
1 tsp. salt

Cook cabbage in boiling, salted water 7 to 10 minutes; drain thoroughly. Make white sauce by mixing 2 cups milk, flour, margarine and salt. Cook until thickened. Add 2 teaspoons curry powder and 6 tablespoons minced onion that has been sauteed (do not allow to brown). Place cabbage in flat baking dish, cover with fine crumbs and bake 20 minutes or until slightly browned.

DO AHEAD CREAM POTATOES

Karla McAllister

10 med. potatoes
1-8 oz. pkg. cream cheese, soft
Paprika or seasoned salt
¼ to ½ C. sour cream
2 T. butter or margarine

Cook potatoes in salted water and drain. In a large mixing bowl, whip cream cheese and sour cream together. Gradually add potatoes and whip until smooth. Place in a large, greased casserole dish. Top with butter and paprika or seasoned salt. Refrigerate. To cook, place in preheated 350° oven for 30 minutes or until heated through. Makes 12 servings. Can be topped with grated Cheddar cheese before cooking, if desired.

E-Z CORN

Joan Smith

2 sm. bags frozen corn (or 1 lg.)
1 stick butter
1-8 oz. cream cheese
¼ C. water

Combine all ingredients. Place in crock pot on low for 2 to 3 hours. A wonderfully easy way to fix a dish for a large buffet.

FRANKLY FILLING POTATOES

Karla McAllister

1 C. chopped onion	1 tsp. salt
2 T. butter or oleo	4 or 5 frankfurters, sliced
3 C. cooked, sliced potatoes	2 eggs, beaten
1 T. chopped parsley	4 T. shredded cheese
½ C. light cream	

Simmer onion in margarine in a large skillet. Add the potatoes, parsley, salt and frankfurters. Cook 5 minutes, stirring. Put hot mixture into buttered casserole. Combine egg, cheese and cream. Pour over potatoes and bake for 30 minutes in a 350° oven. Makes 4 to 6 servings. Casserole can be enlarged by adding a few more potatoes and cheese and cream or milk.

GLAZED CARROTS AND ONIONS

Shandy (Gardner) Davis

3 bouillon cubes (chicken or beef)	¼ C. butter or margarine
6 med. carrots, scraped, quartered	1 T. sugar
12 sm. onions, peeled OR 4 med. onion, sliced	2 T. chopped parsley or fresh basil

In a large saucepan combine 2 of the bouillon cubes with the carrots. Add boiling water to cover. Stir to dissolve the bouillon. Cover, cook 10 minutes. Add onions and cook 6 minutes longer or until vegetables are just tender. Drain. In a large skillet, melt butter. Add the remaining bouillon cube and sugar. Stir until cube is dissolved. Add vegetables. Cook until golden brown and glazed, stirring frequently. Transfer to serving dish. Sprinkle with chopped parsley or fresh basil.

GLAZED SWEET POTATOES

Mabel Howe

2 sweet potatoes	2 tsp. sugar
1 tsp. butter	

Wash, pare and rinse potatoes. Cut in halves lengthwise and cook in boiling salted water. Drain and dry. Melt butter, add sugar to it. Place potatoes in baking dish. Spread butter and sugar mixture over them and brown in a hot oven.

GOLDEN PARMESAN POTATOES

Arlene (Hedrick) Gnadt

6 lg. potatoes	⅛ tsp. pepper
¼ C. flour	⅓ C. margarine
¼ C. grated Parmesan cheese	Chopped parsley
¾ tsp. salt	

Peel and cut potatoes in quarters. Melt butter in 9x13" pan. Combine flour, cheese, pepper and salt. Moisten potatoes and coat with the above mixture. Bake at 375° for 1 hour. Turn once, sprinkle with parsley.

GREEN BEANS

Frances Younquist

1 can green beans, drained	Small can mushroom bits
Juice drained from beans	Sharp cheese, cut small
1 can mushroom soup	½ glass Old English cheese spread

Combine in baking dish, cover top with frozen onion rings, bake until rings are crisp. (Before adding bean juice, add flour to make thick sauce, about 2 tablespoons, cook until thick.)

HOBO VEGETABLES

Mary Alice Hobbs

4 carrots, scraped	4 T. margarine
4 onions, peeled	Salt and pepper
4 potatoes, scrubbed	Heavy duty aluminum foil

For each person, place a carrot, a potato and an onion on a square of foil. Add 1 tablespoon of margarine and the salt and pepper. Wrap snugly and seal. Place over hot coals for 45 to 60 minutes, turning occasionally, until vegetables are done.

"LIKE FRIED" POTATOES

Amy White

Thinly slice as many unpeeled potatoes as you wish to serve. Place in shallow baking dish. Dot potatoes with margarine and season with salt, pepper and garlic to taste. Bake for 30 to 40 minutes at 350°. Place under broiler for 10 minutes more and serve.

LOW-CAL FRENCH FRIES

Karla McAllister

Cut a medium potato lengthwise into wedges. Brush cut sides with beaten egg white; sprinkle with Parmesan cheese and oregano. Bake at 425° for 25 minutes.

MAKE AHEAD POTATOES (NIGHT BEFORE)

Carolyn Wells Westgate

12 lg. potatoes	1-8 oz. pkg. cream cheese
1-8 oz. carton sour cream	1 tsp. onion salt
¼ C. margarine, melted	Dash paprika

Cook potatoes, then mash. Add cream cheese, sour cream, salt and enough milk to make it fluffy. Spread in a 9x13" pan and refrigerate until ready to use. Drizzle margarine over the top and sprinkle with paprika just before baking. Bake 1 hour at 350°.

MARINATED CARROTS

Barbara Frisbie

2 lbs. carrots, cooked, sliced, cooled	1 onion, diced
1 can tomato soup	1 T. Worcestershire sauce
1 T. mustard	1 C. sugar
½ C. vinegar	¼ C. oil
1 pepper, diced	

Combine above ingredients and pour over carrots. Let stand 24 hours.

MARINATED MUSHROOMS (DIABETIC)

Kathy Lamb

½ lb. fresh mushrooms	1 tomato
⅓ C. shallot red wine vinegar	1 T. chopped parsley
1 tsp. granular chicken bouillon	¼ C. water
1 tsp. dried savory	Crisp lettuce leaves
1 sm. green onion, sliced	

Mix and simmer all ingredients except lettuce for 5 minutes. Drain and serve on crisp lettuce leaves. Makes 4 servings.

ONE SERVING:1 group A vegetables.

ONE SERVING (¼ cup): 5 grams carbohydrates, 2 grams protein, 25 calories, vitamins A, B, C.

MEXICALI POTATO PIE

Karyl White

1½ lbs. white potatoes, scrubbed	1-4 oz. chopped green chilies (fresh or canned)
1 onion, minced	2 bell peppers, cut in small pieces
¼ tsp. red pepper flakes	½ C. black olives, chopped
5 T. olive oil	1 T. fresh lemon juice
2 lg. eggs, beaten lightly	Salt and pepper
¼ lb. Monterey Jack cheese, grated	6 T. dry bread crumbs

Boil potatoes until tender. Drain; cool and peel. Force potatoes through a ricer or food mill into a large bowl. In small skillet, cook onion with red pepper in 2 tablespoons of the oil until pepper is soft. Add to potatoes along with the eggs, cheese, chilies, olives, lemon juice, salt and pepper. Combine well. Coat the bottom and sides of a 9" pie pan with 1 tablespoons of the remaining oil and coat the pan with 3 tablespoons bread crumbs. Spread potato mixture in the pan, sprinkle with remaining crumbs and drizzle the other 2 tablespoons of oil over the top. Bake in a 350° oven for 1 hour. Cool on a rack for 5 minutes. Cut into wedges. Serve warm or at room temperature. Great for breakfast with bacon. Makes 4 servings as a main dish or 6 as a side dish.

ONION TOPPED GREEN BEANS (MICROWAVE)

Cindy Hobbs

1 can French style green beans
1 can cream of celery soup
1-3½ oz. can French style onion rings

Place beans and soup in bowl and top with onion rings and microwave for 5 minutes on high.

OVEN FRENCH FRIES

Mary Alice Hobbs

4 med. potatoes (Irish potatoes are good)
1 T. oil

Preheat oven to 475°. Peel potatoes and cut into long strips about ½" wide. Dry strips thoroughly on paper towels. Toss in a bowl with oil as if making a salad. When strips are thoroughly coated with the oil, spread them in a single layer on a cookie sheet and place in preheated oven for 35 minutes. Turn strips periodically to brown on all sides. If a crispier, browner potato is desired, run under broiler for a minute or two. Sprinkle with salt before serving.

PICKLED CARROTS

Weight Watchers

1 lb. carrots, cooked, drained
¾ C. vinegar
¾ C. water
2 tsp. mustard seed
1-2" cinnamon stick (broken in 3 pieces)
3 whole carrots
¾ C. artificial sweetener

Cook and drain carrots. Combine vinegar, water, mustard seeds, cinnamon and cloves. Simmer 8 minutes. Add artificial sweetener and simmer 2 minutes longer. Pour over carrots in a bowl. Refrigerate 8 hours or overnight. Makes 4 servings.

PIROGI WITH POTATOES

Karyl White

DOUGH:
2 C. flour
½ tsp. baking soda
¼ tsp. salt
¾ to 1 C. water or milk to moisten dough

FILLING:
2 C. mashed potatoes
2 T. milk
Salt and pepper to taste
2 T. butter
1 med. onion, chopped

Mix dough ingredients together and divide into 9 or 10 balls. Roll balls into flat circles and fill with potato filling. Fold in half. Press to seal edges. Drop in boiling water. When they come to the top, remove with slotted spoon and drain. Fry the cooked pirogi in a small amount of butter on high heat until browned on both sides. Serve at once. Makes 10 servings. For filling, mix together ingredients until smooth and creamy.

POMMES ANNA POTATOES

Karla McAllister

2 lg. potatoes, peeled, thinly sliced
8 T. or 1 stick clarified, unsalted butter
1 tsp. salt

Preheat oven to 400°. Pour 2 tablespoons butter into an ovenproof skillet. Arrange potato slices in the skillet, overlapping slices in skillet. Dribble with butter and sprinkle with salt as you keep arranging layers of potatoes. Heat on top of stove until butter bubbles. Remove from stove and bake potatoes in oven until they are golden brown, about 20 minutes. Press potatoes with a pot lid once or twice during baking to keep them flat. Remove from oven and pour off excess butter. Put serving dish on to of the skillet and flip the two as you would to unmold a cake. Garnish as desired, and serve. Makes 4 servings. A classic French potato recipe.

SCALLOPED CORN

Martha Chrystie

1 stick margarine, melted
1 sm. onion
2 T. green pepper
1 can whole corn, drained
1 can cream style corn
1 sm. box Jiffy corn bread mix
2 eggs, beaten
1 carton sour cream
1 pkg. shredded Cheddar cheese or longhorn

Mix the first 6 ingredients together. Add 2 beaten eggs to mixture. Pour into buttered 9x12" dish. On top, add 1 carton sour cream; spread lightly. Sprinkle a package of shredded Cheddar or longhorn cheese on top. Bake at 350° for 45 minutes.

SCALLOPED CORN

Mary Alice Hobbs

1-#303 can cream style corn
1-#303 can whole kernel corn
1 onion, chopped
1 med. green pepper, chopped
⅔ C. milk
1 egg, well beaten
1 C. cracker crumbs
1 C. grated Cheddar cheese
¼ C. melted butter
2 T. sugar
1 tsp. salt
¼ tsp. pepper
⅛ tsp. red pepper

Combine all ingredients; mix well. Bake in 8x8" casserole at 350° for 1 hour OR microwave 10 to 15 minutes on MEDIUM.

SCALLOPED PLAIN OR SWEET POTATOES

Mabel Howe

3 C. sliced raw potatoes
3 T. flour
1 tsp. salt
¼ tsp. paprika
4 T. butter
1 T. sugar
1½ C. water

Mix potatoes, flour and seasonings. Pour into buttered baking dish and add water. Cover and bake 20 minutes in moderate oven. Remove cover and bake 15 minutes to brown on top.

SCALLOPED POTATOES

Louise Sherbert

4 C. thinly sliced potatoes
4 T. chopped chives
1 T. margarine
1 envelope cream of chicken soup or 1 can
½ C. evaporated milk
¾ C. very hot water

Prepare potatoes and chives. Put in 1½-quart casserole. Dot with margarine. Combine soup, milk and hot water and pour over potatoes. Cover and bake at 375° for 1 hour. Uncover and bake 15 minutes longer.

SCALLOPED POTATOES

Carolyn Wells Westgate

1-32 oz. pkg. hash brown potatoes
1 lg. carton sour cream
1 C. sharp cheese grated (Cheddar may be used)
1 can cream of chicken soup
2 C. cornflakes, crushed
1 onion, chopped fine
2 T. oleo
1 tsp. salt
¼ tsp. pepper

Saute onion in oleo, add rest of ingredient except potatoes. Heat. Mix in large bowl with partially thawed potatoes. Pour into 9x13" baking dish. Mix crushed cornflakes with 4 tablespoons melted oleo, sprinkle on top. Bake 1 hour at 350°. Serves 10 to 12.

SCALLOPED POTATOES

Paula Hobbs

6 med. potatoes
½ lb. Cheddar cheese
4 T. butter
¼ C. flour
2 tsp. salt
2½ C. milk
½ tsp. Worcestershire sauce

Preheat oven to 375°. Slice potatoes. Arrange slices in buttered casserole. Grate cheese. Melt butter, stir in flour, salt and sauce. Gradually blend in milk and stir until thickened. Remove from heat. Add cheese, pour sauce over potatoes and bake about 1½ hours.

SPANISH RICE

Mary Alice Hobbs

1 T. oil
1 sm. onion
½ green pepper, chopped
1 lb. lean ground beef
1 tsp. salt
¼ tsp. black pepper
1 T. prepared mustard
2 T. catsup
1 T. Worcestershire sauce
2 C. cooked rice
1-28 oz. can tomatoes

Saute onion and green pepper in the oil until soft. Add ground beef and seasonings, stirring until meat loses its pink color. Stir in the cooked rice, the tomatoes, the catsup and Worcestershire sauce. Mix thoroughly. Reduce heat and simmer, covered, for 15 minutes.

STUFFED TOMATOES (DIABETIC)

Kathy Lamb

4 lg. tomatoes
1 bunch watercress
1 sm. cucumber, diced
1 green onion, finely chopped
¼ tsp. black pepper
½ tsp. salt

Remove tomato pulp and mix with other ingredients. Stuff tomatoes. Makes 4 servings. (1 group B vegetable, 50 calories per tomato.)

SWEET AND SOUR BAKED BEANS

Carol Skellenger

1 or 2 lg. onions, peeled, cut in rings
½ C. vinegar
2-15 oz. cans lima beans, drained
1-1 lb. can green limas, drained
1-1 lb. jar New England baked beans
8 slices bacon
½ C. brown sugar
½ tsp. garlic powder
1 tsp. salt
½ tsp. dry mustard

Fry bacon until crisp, drain and crumble. Place onion in skillet, add sugar, mustard, garlic, salt and vinegar. Cook over low fire 20 minutes, covered. Add onion mixture to beans and bacon. Pour in 3-quart casserole. Bake at 350° for 1 hour. Cover with foil to keep from being too dry.

TEXAS POTATOES

Dixie Willis McIlrath

3 pkgs. frozen hash browns
  (flat boxes)
½ C. melted butter or oleo
1 tsp. salt
1 tsp. pepper
½ C. chopped onion
1 can cream of chicken soup
1 pt. carton sour cream
2 C. cornflakes

Defrost potatoes, mix all other ingredients together with potatoes. Place in a 9x13" glass pan (ungreased). Top with crushed cornflakes mixed with ¼ cup melted butter. Bake at 350° for 45 minutes. Can be frozen.

WONDERFUL POTATOES

Arlene (Hedrick) Gnadt

- 1-24 oz. pkg. frozen potatoes O'Brien (with onions and pepper)
- 1 can cream of chicken, mushroom or celery soup
- 1-16 oz. sour cream
- 2 C. grated cheese
- ½ C. margarine, melted
- ½ C. cornflakes

Mix ¼ cup of margarine with all the ingredients except the cornflakes. Mix remaining ¼ cup of margarine with ½ cup cornflakes and sprinkle on top of the potato mixture in a 9x13" baking dish. Bake at 350° for 1 hour or fix in microwave. Cook on HIGH for approximately 25 minutes. This can also be prepared in a crock pot (approximately 4 hours on high).

ZUCCHINI MEXICALI

Edith Wilson

- ¼ C. cooking oil
- 1 lb. (4 C.) unpeeled zucchini, thinly sliced
- 1 lg. carrot, shredded (1 C.)
- 1 lg. onion, chopped (1 C.)
- ¾ C. chopped celery
- ½ med. green pepper, cut into thin slices
- ½ tsp. garlic salt
- ¼ tsp. dried basil, crushed
- Dash pepper
- ⅓ C. taco sauce
- 2 tsp. prepared mustard
- 2 med. tomatoes, cut into wedges
- Salt

Heat cooking oil in a 10" skillet. Add sliced zucchini, carrot, onion, celery, pepper strips, garlic salt, basil and pepper. Toss to mix well. Cook, covered, over medium high heat for 4 minutes, stirring occasionally. Combine taco sauce and mustard; stir into vegetables. Add tomato wedges; cook, uncovered, 3 to 5 minutes or until heated through. Season with salt. Serve. Should be crisp.

ZUCCHINI PATTIES

Vivian Gregg

- 3 C. grated zucchini
- 1 med. onion, grated
- ½ tsp. garlic powder
- 3 T. flour (heaping)
- ½ tsp. salt
- ¼ tsp. pepper
- 1 beaten egg
- 1 C. grated cheese

Mix together and fry by spoonfuls in hot grease until brown on both sides.

PIES & DESSERTS

APPLE MACAROON PIE

Jo Mahoney

Sliced apples
½ C. brown sugar
1 T. margarine
½ tsp. cinnamon

BATTER:
½ C. sugar
1 T. margarine
1 egg
½ C. flour
1 tsp. baking powder
Vanilla

Butter pie pan and fill with apples. Sprinkle with brown sugar, dot with butter and the cinnamon. For the batter, cream sugar, margarine and egg. Add flour, baking powder and vanilla. Drop over apples. Spread with knife. Bake for 30 minutes at 400°.

APPLE PIE

Mildred Clark Cody

1 qt. (or more) sliced apples
¾ to 1 C. sugar
1 T. flour
¼ tsp. salt
½ tsp. cinnamon
1 T. butter

Peel and slice apple. Mix sugar, flour, salt and cinnamon. Pour over apples and gently mix. Place in unbaked pie crust. Dot with butter. Put on top crust. Bake at 375° for 1 hour.

APPLE PIE (NO SUGAR)

Vivian Gregg

1-6 oz. apple juice concentrate
2 T. cornstarch
5 lg. yellow delicious apples
Salt to taste
1 T. oleo
1 tsp. nutmeg

Heat juice and thicken with cornstarch. Add oleo and nutmeg. Peel and slice the apples. Pour thickened juice over apples and stir to coat. Sprinkle with salt, if desired. Pour into a pie shell and cover with crust and brush with milk and sprinkle with nutmeg. Bake at 350° until golden brown.

APPLE PIE (NO SUGAR)

Mary Alice Hobbs

1-6 oz. frozen apple juice, concentrate
2 T. cornstarch
5 lg. yellow Delicious apples
1 T. oleo
1 tsp. nutmeg

PIE CRUST:
1 C. flour
1 T. Coffee-mate
2 T. water
½ tsp. salt
⅓ C. oil

Bake apple pie ingredients at 350° for 1 hour and 10 minutes or until golden brown. For pie crust, mix and roll between waxed paper and pat into pan.

APPLE PIE EN PAPILLOTE

Betty Fenton

2½ lbs. tart cooking apples
 (cored, peeled, cut into chunks)
 (about 8 C.)
2 T. lemon juice
½ C. sugar
2 T. unsifted flour
½ tsp. cinnamon
Dash nutmeg

TOPPING:
½ C. unsifted flour
½ C. oleo, softened
¼ C. white sugar
¼ C. brown sugar

1-8" pie shell, unbaked

In a large bowl mix apples with lemon juice, sugar, flour and spices until well coated. Set aside while preparing pie crust, using your favorite pastry recipe. Put apples into unbaked shell. Prepare topping by mixing ingredients until a smooth paste forms. Dollop over apples, then spread carefully over apples to cover. Place pie in a large brown paper bag and close open end with staples or paper clips. Place on oven rack in center of oven (make sure bag does not touch side, bottom or top of oven. Bake pie for 1 hour and 10 minutes in metal pan and 1 hour and 20 minutes in glass pan at 400°. Remove from oven, let stand 10 minutes. Carefully cut bag open and remove pie.

APPLE PIE FILLING

Thema Eldridge

4½ C. sugar
1 C. cornstarch
2 tsp. ground cinnamon
¼ tsp. ground nutmeg
3 T. lemon juice
2 to 3 drop yellow food coloring
5½ to 6 lbs. tart apples

Peel, core and slice apples. In a large saucepan, blend first 4 ingredients and 1 teaspoon canning salt. Stir in 10 cups water, cook and stir until thickened and bubbly. Add lemon juice and food coloring. Pack apples into the hot jars, leaving 1" head space. Fill with hot syrup, leaving ½" head space, use a spatula to help distribute syrup. Adjust lids. Process in boiling water bath (pints for 15 minutes, quarts for 20 minutes). Bake pie at 400° for 50 minutes. This recipe makes 6 quarts of pie filling.

APPLE PIE FILLING (LOW SUGAR)

Rosanne Wilson

5 C sliced apples	1 T. cornstarch
1-6 oz. concentrated apple juice	1 tsp. cinnamon
1 rounded T. fructose or liquid sweetener (or to your taste)	Dash salt
	Dash nutmeg, if desired

Cook apples in juice until tender. Add sweetening. Thicken spice(s) and cornstarch with small amount of juice, from apples or additional water. Add thickening to apple mixture and allow to bubbly a short time. Pour into pie crust and dot with butter. Pie should bake in oven only as long as it takes to brown crust and obviously bubbly.

FOR VARIATION: Grind or chop cranberries and be added to or instead of some of the apples. Adjust juice concentrate and sweetener to your taste.

BLUE PLUM PIE (DIABETIC)

Mrs. Joyce McKee

6 C. pitted blue plums	1 T. oleo
20 pkts. Equal	2 pie crusts of your favorite recipe
¼ C. Minute tapioca	

Slice 6 cups plums. Add just enough water to cook on stove top. When tender, add ¼ cup Minute tapioca to thicken. Cook for 3 or 4 minutes. Add Equal and allow to cool. Bake bottom crust. Add 1 teaspoon flour on bottom. Cool. Bake top crust on cookie sheet, adding 1 teaspoon flour to bottom of crust. Cut crust in lattice strips, or any design before baking. Put blue plums in cooked, cooled crust. Add 1 tablespoon oleo. Use spatula to place top crust in place.

BUTTERMILK PIE

Mary Bowlby

2 C. sugar	3 slightly beaten eggs
4 T. flour	1 C. buttermilk
1 cube oleo, melted	1 tsp. vanilla

Mix together first 3 ingredients. Add last 3 ingredients. Pour into unbaked 9" pie shell. Sprinkle top with nutmeg. Bake at 350° for 10 minutes, then 325° for 35 minutes. Let cool before cutting.

CHIFFON PUMPKIN PIE

Mary Ellen Hobbs

1 envelope Knox gelatin
¾ C. brown sugar
½ T. salt
½ T. cinnamon
½ T. nutmeg
½ C. milk
¼ C. water
3 egg yolks
1½ C. pumpkin

Mix together ingredients and cook 10 minutes. Let cool. Beat 3 egg whites and ¼ cup sugar until stiff. Pour this on top of cooled mixture after putting in a baked pie shell. Let stand overnight.

CHOCOLATE PIE AND CRUST (MICROWAVE)

Mary Alice Hobbs

1¾ C. sugar
9 level T. cake flour
5 T. cocoa
Dash salt
5 eggs
5 C. milk
2 T. butter or oleo
2 tsp. vanilla

CRUST FOR 2 CRUST PIE:
⅔ C. shortening
3 T. butter or oleo
2 C. flour
1 tsp. salt
⅓ to ½ C. cold water
7 to 8 drops yellow food coloring (optional)

In 4-cup measure or small mixing bowl, combine sugar, flour, salt and cocoa. Gradually stir in milk. Microwave at HIGH 4 to 7 minutes, or until very thick, stirring after 2 minutes, then every minute. Mix a little hot mixture into egg yolks. Blend into remaining milk mixture. Microwave at 50% (MEDIUM) 1 minute. Stir in butter until smooth. Cover; cool slightly. Stir in vanilla. This makes 2 pies.

For 2 crust pie shell, you may use whole wheat flour for all-purpose flour, if desired. Cut softened butter and shortening into flour and salt until particles resemble small peas. Combine water and food coloring. Sprinkle over flour mixture; stir until particles are just moist enough to cling together and form a ball. Roll out dough on floured cloth to a circle ⅛" thick. Fit into pie plate. Prick crust. Microwave on HIGH for 5 to 7 minutes, rotating dish ½ turn every 3 minutes. Check for doneness through bottom of pie plate. Crust will appear dry and opaque. Makes 2 crusts.

CHOCOLATE PIE (DIABETIC)

JoAnn Lamb

CRUST:

1 C. flour	2 to 3 T. water
⅓ C. margarine	

FILLING:

1-2.2 box sugar free chocolate jello pudding mix (instant)	3 C. skim milk 24 tsp. Cool Whip

For crust, cut margarine into flour with pastry blender. Add water slowly to flour mixture. Once dough has formed, roll out for pie crust. Place pie pastry in an 8 or 9" pie pan, bake crust 8 to 10 minutes at 475°. Allow crust to cool. For filling, prepare pudding according to package instructions. Pour pudding into the cool pie crust. Before serving, place 1 to 2 teaspoons Cool Whip on each slice. Makes 12 slices.

EXCHANGES: ½ milk, ½ bread, 1 fat, 140 calories, 16 grams carbohydrates, 7 grams fat, 300 mg sodium, 1 mg. cholesterol.

DATE PIE

Millie Hobbs

1 lg. C. stoned dates, chopped fine	7 T. sugar
⅔ C. sweet cream or canned milk	

Let boil slowly until thick when beaten like custard. It takes only a short time. Pour filling in baked crust and top with whipped cream or Dream Whip.

FOUR FRUIT PIE

Norma Warn

⅔ C. sugar	2 T. flour
1 C. water	1 C. orange juice
1 C. golden raisins	1 C. packed, dried apricots, cut
2 C. fresh or frozen cranberries	1 C. pitted prune halves
1 tsp. vanilla	Pastry for 2 crust 9" pie
Softly whipped cream (optional)	

Mix sugar and flour in a heavy 3-quart saucepan. Stir in water and orange juice. Cook over medium heat, stirring constantly until thick. Add raisins and apricots. Reduce heat. Cover and simmer 10 minutes or until apricots are almost tender, stirring often. Stir in cranberries, prunes and vanilla. Cool. Meanwhile, roll out ½ of pastry and line 9" pan. Heat oven to 425°. Spoon fruit mix into pie shell. Roll out remaining dough and cut in ¾" strips. Arrange lattice style on filling. Flute edges. Bake on bottom rack for 30 minutes or until crust is golden brown.

FRESH PEACH PIE

Betty Fenton

10 to 12 lg. fresh peaches, peeled, sliced
1 unbaked pie shell

TOPPING:
1 C. sugar
⅓ C. butter (oleo)
⅓ C. flour
1 egg
¼ tsp. vanilla
Dash nutmeg, optional

Peel and slice fresh peaches into unbaked pie shell. Cream sugar and butter, work in the flour. Beat egg into the mix until fluffy and stir in vanilla. Spread over peaches. Bake at 350° until brown and crispy, about 1 hour.

PIE CRUST:
1⅓ C. flour
½ C. Crisco
½ tsp. salt
3 T. ice water

Cut shortening into flour/salt mixture. Add ice water 1 tablespoon at a time, mixing in with fork. Makes one 8" pie shell.

FRESH STRAWBERRY PIE

Betty Fenton

1 C. water
1 C. sugar
Dash salt
3 T. cornstarch dissolved in 3 T. cold water
3 T. strawberry jello
4 to 5 pt. strawberries
1 baked pie shell

Heat water, sugar and salt over medium fire until sugar is dissolved. Stir in cornstarch and continue cooking until clear and thickened. Stir in jello until dissolved. Cool. Arrange strawberries in baked pie shell (I like to use whole strawberries unless extra large). Pour cooled glaze over berries and chill in refrigerator several hours. Serve with whipped cream, if desired.

GREEN TOMATO PIE

Ethyl Sterling

2 C. sliced green tomatoes (use tomatoes just turning pink inside)
¾ tsp. nutmeg
1 T. lemon juice
1-9 or 10" unbaked pie shell
¾ C. sugar
1½ T. flour
¾ tsp. cinnamon
¼ C. water
2 T. water
Pie dough

Combine sugar, flour, cinnamon and nutmeg. Mix well. Put sliced tomatoes in open unbaked pie shell. Sprinkle the dry ingredients over tomatoes. Work it in with a fork, then mix water and lemon juice. Pour over the tomatoes, then dot with the butter. Take strips of pie dough and crisscross them over the pie. Bake 10 minutes in preheated oven at 450°. Reduce to 350° and bake 25 to 30 minutes longer.

GREEN TOMATO PIE

Ethyl Sterling

2½ C. sliced green tomatoes (use tomatoes just turning pink)
¾ tsp. nutmeg
1 T. lemon juice
¾ C. sugar
1½ T. flour
¾ tsp. cinnamon
2 T. butter
¼ C. water

Combine sugar, flour, cinnamon and nutmeg. Mix well. Put sliced tomatoes in unbake pie shell. Sprinkle dry ingredients over tomatoes. Work it in with a fork. Then mix water and lemon juice. Pour over tomatoes and dot with butter. Take strips of pie dough and crisscross them over pie. Bake 10 minutes at 450°. Reduce to 350° and bake 25 to 30 minutes.

HAWAIIAN PIE

Barbara Frisbie

1½ C. sugar
3 eggs
1½ tsp. vanilla
¾ C. chopped walnuts or pecans
¾ C. raisins
¾ C. coconut
1 stick margarine, melted

Stir together, pour into unbaked pie shell. Bake 35 to 40 minutes in 325° oven.

LAVADA'S KEY LIME PIE

Nola Charter

1 can Eagle Brand milk
½ C. lime juice
Add a bit of ground lemon or lime rind

Add a bit of green food coloring. Mix all together. Fold in Dream Whip or Cool Whip. Pour into cooled, baked pie shell. Cool pie before serving. (Can make lemon pie the same way.)

LEMON MERINGUE PIE

Bernice Wilson

3 T. cornstarch
1¼ C. sugar
¼ C. lemon juice
1 T. grated lemon rind
3 eggs, separated
1¼ C. boiling water
1-9" baked pie shell
6 T. sugar

Combine cornstarch, 1¼ cups sugar, lemon juice and lemon rind. Beat egg yolks, add to cornstarch mixture. Gradually add boiling water. Heat to boiling over direct heat and then boil gently 4 minutes, stirring constantly. Pour into pie shell. Beat egg whites until stiff but not dry. Gradually beat in the 6 tablespoons sugar. Spread meringue over top of pie, carefully sealing in all the filling by spreading meringue to touch all edges of crust. Bake in hot oven at 425° for 4 to 5 minutes or until browned. Cool on a cake rack away from draft. Serve cold. Makes one 9" pie.

MERINGUE FOR CREAM PIES

Sophia Gregg

2 egg whites
2 scant tsp. sugar
Vanilla
¼ C. water
1 T. cornstarch

Stiffly beat whites, add seasoning. Have ready the cornstarch, water cooked until clear and cooled. Beat into egg mixture. Spread on pie. Bake until golden brown. (Helen Wells mother gave me this and I love it!)

MOCK MINCE PIE

Barb Frisbie

Pastry for double crust 9" pie
3 C. drained, dried apples
½ C. brown sugar, packed
1 T. flour
¼ tsp. cinnamon
¼ tsp. allspice
¼ tsp. nutmeg
⅛ tsp. cloves
¼ tsp. salt
⅓ C. apple juice
1 T. margarine
1 C. seedless raisins

Prepare pastry and line pan with ½. Chop apples and mix with raisins. Stir together sugar, flour, spices and salt. Sprinkle over fruit. Add juice and mix. Turn into prepared pan, dot with margarine. Roll out other ½ of pastry and cover. Flute edges and make slits. Bake at 400° for about 50 minutes or until browned.

NO COOK CHERRY CREAM PIE

Judy Griffith

CRUST:

6 T. butter, melted	¼ C. sugar
1¼ C. graham cracker crumbs	

Mix butter, graham cracker crumbs and sugar; press in 9" pie pan. Chill while preparing the filling.

FILLING:

8 oz. cream cheese	2 tsp. sugar
2 C. milk	1 box instant lemon pudding
½ tsp. vanilla	1 can cherry pie filling

Beat cream cheese until soft; add ½ cup milk and beat until smooth. Add remaining 1½ cups milk, vanilla, sugar and pudding mix. Beat 2 minutes at low speed on mixer. Pour into crust. Chill 2 hours. Garnish with cherry pie filling.

OLD FASHIONED SUGAR CREAM PIE

Betty Fenton

1 C. white sugar	1 C. light cream
⅔ C. brown sugar	Nutmeg to taste
½ C. flour	1-8" pie shell
1 C. boiling water	

Mix sugars and flour together. Pour over 1 cup boiling water and mix well. Add cream and nutmeg to suit taste. Pour into pie shell and bake 10 minutes at 450°, then 40 minutes at 350°. Cool thoroughly. (Is extremely rich.)

ORANGE-CRANBERRY PIE

Mary Ellen Hobbs

1 envelope unflavored gelatin	2 egg whites
½ C. orange juice	¼ C. sugar
1-1 lb. can whole cranberry sauce	1-8" crumb crust
1 T. grated orange peel	

In a medium saucepan, mix gelatin with orange juice. Let stand 1 minute. Add cranberry sauce. Stir over low heat until gelatin is completely dissolved and cranberries are broken up and heated, about 3 minutes. Remove from heat; add orange peel. Chill, stirring occasionally, until mixture is the consistency of unbeaten egg whites. In a medium bowl, beat egg white until soft peaks form; gradually add sugar and beat until stiff. Fold in gelatin mixture. Turn into prepared crust. Chill until firm. Garnish with whipped cream and grated orange peel, if desired.

PEACH CREAM PIE

Esther Bright

1 unbaked pie shell
6 or more peaches, sliced
1 C. sugar
5 T. flour
A little salt
1 C. cream

Preheat oven to 425°. Bake for 10 minutes, then reduce heat to 300° for 40 minutes.

PEACH PIE SUPREME

Esther Bright

Peaches, peeled, sliced
1 C. sugar
2 eggs, well beaten
2 T. flour
2 T. butter
½ tsp. nutmeg

Line pie pan with crust and fill with peaches. Combine sugar, flour and butter. Stir in eggs. Pour this mixture carefully over the peaches, so all are covered. Bake in oven at 400° for 15 minutes, then reduce heat to 325° for 45 minutes or until custard is set.

PECAN PIE

Dorothy Gregg (Mrs. Joe Gregg)

½ C. white Karo syrup
¾ C. sugar
1 C. pecans
4 eggs
1 T. butter or margarine
Unbaked pie shell

Mix together and pour into unbaked pie crust. Bake at 350° until done.

PECAN PIE

Betty Burch
Submitted by Mary Ellen Hobbs

9" pie shell

MIX TOGETHER:
3 eggs
⅔ C. sugar
⅓ C. butter or oleo
1 C. syrup
1 C. pecans

Mix together and pour 1 cup pecans into mixture and pour into pie shell. Bake until set and pie shell is nicely brown. Cool and serve cold or warm. Bake at 375° for 40 to 50 minutes.

PERFECT CUSTARD PIE

Mary D. Hungerford

2 C. sweet milk, scalding hot, but
 not boiling
4 eggs
¾ C. sugar
Flavoring

Beat eggs well; add sugar and flavoring. Next, add hot milk. While hot, pour into unbaked crust and bake slowly. This makes an extra large pie.

PIE CRUST

Daisy Cody

1 C. flour
1 T. dry Coffee-mate
½ tsp. salt
⅓ C. oil
2 T. water

Mix together until blended. Roll between wax paper or pat into pan.

PIE CRUST

Millie Hobbs

3 C. flour
½ tsp. baking powder
1 C. shortening (lard is excellent)
1 tsp. salt

Blend until its coarse like cornmeal.

1 egg
1 T. vinegar
5 T. water

Slightly beat and add to flour mixture. Shape and roll out into crust. Make 4 crusts. This is good for pies that are to be frozen.

PIE PASTRY

Mary Alice Hobbs

2 C. all-purpose flour
1¼ tsp. salt
⅓ C. oil
3 T. cold skim milk

Preheat oven to 425°. Sift flour and salt together into bowl. Mix oil with cold milk and pour all at once into the flour mixture. Stir lightly with a fork until blended, adding more liquid if necessary to make dough hold together. Refrigerate for a few minutes to make dough easier to work with. Roll out 2 crusts between waxed paper. Crust may be refrigerated before filling, or frozen if not needed for several days.

PINEAPPLE CHEESE PIE (DIABETIC)

Kathy Lamb

1 envelope gelatin	1 tsp. grated lemon rind
¼ C. water	1 T. Sucaryl solution
3 eggs, separated	1 C. cottage cheese
1 C. crushed pineapple	¼ tsp. salt

Soften gelatin in water 5 minutes. Beat egg yolks slightly in top of double boiler. Add pineapple, lemon rind, lemon juice and Sucaryl solution. Cook over hot water until thick, stirring constantly. Add gelatin and stir until dissolved. Remove from flame and add cottage cheese which has been mashed to relieve lumpiness. Cool. when mixture begins to thicken, fold in beaten egg whites and salt. If time will allow, heap into a graham cracker crust. Chill until set. (½ fruit exchange, 1 meat exchange.)

PINTO BEAN PIE

LaVergne Wilken

1 C. white sugar	1 C. magarine
1 C. brown sugar	2 eggs
1 C. mashed pinto beans (refried if mashed more)	1 unbaked pie shell

Blend the sugar, eggs and butter until creamy. Add mashed beans and blend well. Pour into unbaked pie shell and bake at 375° for 45 minutes or until done.

VARIATIONS:
1. Substitute ½ cup dark syrup for the brown sugar.
2. Less butter or margarine and add 1 teaspoon vanilla (½ C. butter is plenty).
3. Add 1 cup pecans to make it more like pecan pie.

PUMPKIN CHEESE PIE

Barb Frisbie

1-8 oz. pkg. cream cheese, softened	¼ tsp. nutmeg
¾ C. packed brown sugar	1-16 oz. can pumpkin (solid pack)
2 T. flour	1-5 oz. can evaporated milk
1 tsp. cinnamon	3 lg. eggs
1 tsp. ginger	1-9" unbaked pie crust
½ tsp. salt	Nut Crunch Topping (below)

Preheat oven to 375°. In large bowl, beat first 7 ingredients and blend. Add pumpkin, undiluted milk and eggs, beat until blended. Pour into pie crust. Bake 30 minutes. Prepare Nut Crunch Topping. Spoon over pie and bake 15 minutes longer or until knife inserted comes out clean. Cool.

NUT CRUNCH TOPPING: In saucepan over low heat, melt 2 tablespoons margarine (¼ stick). Stir in ¾ cup walnuts (chopped) and ⅓ cup packed brown sugar.

PUMPKIN PIE

Wanda Fountain

2 eggs
1 C. sugar
1 C. pumpkin
1 C. milk, scalded
¼ tsp. allspice
½ tsp. nutmeg
1 tsp. cinnamon
¼ tsp. salt

Beat eggs slightly. Mix spices and salt with sugar and add to eggs. Add pumpkin and mix. Add hot milk very slowly, stirring lightly. Pour into pie crust and bake at 450° for 15 minutes, reduce heat to 325° for 45 minutes.

RAISIN PIE

Wilma Sturgeon

2 C. raisins
1 C. orange juice
1 C. water
½ C. sugar
2 T. cornstarch
1 tsp. allspice
1 T. lemon juice
Pastry for double crust 9" pie

In saucepan, combine raisins, orange juice and water. Bring to boil and simmer 5 minutes. Combine sugar, cornstarch and allspice; stir into raisin mixture. Cook and stir over medium heat until thickened, about 1 minute. Remove from heat and stir in lemon juice. Pour into pastry lined pie plate. Cover with top crust. Bake at 425° for 10 minutes. Reduce heat to 375° for 25 to 30 minutes.

RAISIN PIE

Ethyl Sterling

1½ C. raisins
1 C. sugar
½ C. cold water
2 C. water
1½ T. cornstarch
9 or 10" baked pie shell

Wash raisins and add 2 cups water and 1 cup sugar. Cook for a little while, then add 1½ heaping tablespoons cornstarch mixed with ½ cup cold water. Mix well and add to boiling raisins. Stir until thickened. If not thick enough, add a little more cornstarch and water. Let cool. It will thicken as it cools. Once the raisin mixture cools, pour into a baked 9 or 10" baked pie shell. When good and cold, make a powdered sugar icing and add 1 teaspoon vanilla. Spread on pie and sprinkle ground nuts on top.

RHUBARB CRUMBLE PIE

Jo Gregg Mahoney

CRUST:	FILLING:
⅔ C. brown sguar	½ C. sugar
1½ C. rolled oats	1½ T. flour
½ C. flour	3 C. rhubarb, cut in 1" pieces
½ melted oleo	

Mix crust mixture and pat in 9" pie pan. (Reserve a little for topping.) Mix filling mixture until well coated. Put into crust mixture, add reserved topping. Bake at 350° for 45 minutes. May be served warm with whipped cream or ice cream.

RITZ CRACKER PIE

Betty Houston

3 egg whites, beaten stiff

Fold in 1 cup sugar, 1 teaspoon baking powder and 1 teaspoon vanilla. Add 20 Ritz crackers rolled fine and ½ cup pecans (cut). Put in 9" pie pan greased and floured. Bake 25 minutes at 350° and let cool. May be topped with ice cream of Cool Whip.

SHOO-FLY PIE

Bessie Arnall

1 recipe plain pastry
1½ C. sifted flour
1 C. brown sugar
½ C. hot water
⅛ tsp. salt
¼ C. shortening
½ tsp. baking soda
½ C. molasses

Make crumbs by combining flour, sugar, salt and shortening. Line 2 pie pans with pastry. Dissolve soda in hot water and combine with molasses. Pour into pastry lined pans, top with crumbs and bake in very hot oven (450°) for 10 minutes, then reduce to 350° and bake 20 to 30 minutes longer or until firm.

SOUR CREAM RAISIN PIE

Stella Clark

1 C. sugar
½ tsp. salt
½ tsp. cinnamon
½ tsp. nutmeg
½ tsp. cloves
2 eggs
1 C. sour cream
2 T. vinegar
1 C. raisins

Mix dry ingredients. Add eggs to sour cream and beat well. Add raisins to dry ingredients and mix into creamed mixture. Add vinegar last. Pour into unbaked pie crust and bake until brown, at 350° for 45 minutes.

STEAM CUSTARD PIE-NO SHELL

Mrs. Kenneth Johanning

1 doz. medium eggs
1 T. vanilla
¼ C. sugar
1 can Eagle Brand milk
1½ cans milk
Dash salt
8" pan (2" deep)

Break eggs into a large mixing bowl and beat 10 minutes until smooth. Add other ingredients and beat an additional 5 minutes. Take 1 teaspoon of sugar and melt, stirring until brown so it won't burn. Pour liquid mixture into pan. Use a double boiler with water and steam custard for 1 hour on medium heat. Makes 12 servings.

SUGARLESS CHOCOLATE PIE

Mary Alice Hobbs

4 pkgs. Swiss Miss sugar free chocolate mix
2 eggs
2 T. cornstarch (thicken)
2 C. skim milk
1-9" pie shell

Mix all together and pour in pie shell.

TOASTED COCONUT PIE

Maxine Hoyle

3 eggs, slightly lightly
1½ C. sugar'
¼ lb. butter or margarine, melted
4 tsp. lemon juice
1 tsp. vanilla
1⅓ C. flaked coconut
1-9" pie shell

Mix all ingredients together and bake 40 to 45 minutes at 350°.

WHITE CHRISTMAS PIE

Patricia Waits Lumley
Submitted by Maxine Hoyle

1 envelope unflavored gelatin
1 C. white sugar
¼ C. cold water
¼ C. sifted flour
½ tsp. salt
1½ C. milk
½ C. egg whites
¼ tsp. cream of tartar
½ tsp. vanilla
½ tsp. almond flavoring
½ C. cream, whipped
1½ C. coconut
1-9" baked pie shell (not too brown)

Soften gelatin in cold water and set aside. Mix together in a cooking pan: ½ of the sugar, all of the flour, and salt. Stir in milk gradually and cook over low flame, stirring constantly. Cook 1 minute after mixture has thickened. Remove from heat, stir in gelatin mixture and cool. When mixture is partially set, beat with rotary beater until smooth. Beat egg whites until frothy, add cream of tartar and continue to beat. Add remaining sugar gradually, beating until mixture is stiff and glossy. Fold in flavorings, whipped cream and meringue mixture into gelatin mixture. Fold in 1 cup of the coconut. Pile filling into prepared pie shell. Sprinkle remaining coconut over top. Chill about 2 hours or until set. Makes 8 servings.

24 HOUR DESSERT

Ruby Houston

2 C. white cherries
2 C. diced pineapple
2 C. orange sections
2 C. quartered marshmallows
¼ lb. almonds, blanched, chopped
2 eggs
2 T. sugar
¼ C. light cream
Juice of 1 lemon
1 C. heavy cream, whipped

Combine well drained fruits and add marshmallows and nuts. Beat eggs until light, gradually add sugar, light cream and lemon juice. Mix and cook in double boiler until smooth and thick, stirring constantly. Cool and fold in whipped cream. Pour over fruit mixture and mix lightly. Chill 24 hours. Do not freeze. Makes 10 to 12 servings.

ANGEL CUSTARD

Eva Shuler

4 or 5 egg yolks
1½ C. milk
¾ C. sugar
Pinch salt
2 T. cold water
1 T. Knox gelatin
¼ C. hot water
1 C. whipping cream
1 tsp. vanilla

Let sugar, milk and beaten egg yolks cook to custard in top of double boiler. Soak gelatin in cold water, then pour boiling water over it. Combine gelatin and custard mixture. Cool until nearly set, then add whipped cream. Put in refrigerator until it will spread on cake. Cut an angel food cake across into 3 layers. Put thick layer of custard between layers, then cover whole cake with custard. Sprinkle with Angel Flake coconut. Chill. (Mix whipped cream with custard just as it begins to thicken.)

APPLE DUMPLINGS

Nola Charter

1½ C. water
1 C. brown sugar
1 C. white sugar
¼ tsp. nutmeg
¼ tsp. cinnamon
¼ C. butter

Mix all except butter together. Cook 5 minutes. Add butter. Wrap each pared, cored apple in 2 or 3 tube biscuits. Place in pan. Pour sauce over all. Can add red hots, raisins, nuts, etc. Bake at 375° for 35 minutes.

APPLE PUDDING (DIABETIC)

Kathy Lamb

3 med. cooking apples, peeled and sliced
Vegetable cooking spray
1 C. all-purpose flour
1 tsp. baking powder
¼ tsp. salt
⅓ C. reduced calorie margarine
Sugar substitute to equal ⅓ cup sugar
½ tsp. grated lemon rind
½ tsp. vanilla extract
1 egg
⅓ C. skim milk

Arrange apple slices in bottom of an 8" square baking pan coated with cooking spray. Set aside. Combine flour, baking powder and salt, stirring until blended. Set aside. Combine margarine, sugar substitute, rind and vanilla in a medium bowl; beat at medium speed of an electric mixer until well blended. Add egg, beat until fluffy. Add flour mixture to creamed mixture alternately with milk, beginning and ending with flour mixture. Spoon batter into prepared pan, and bake at 375° for 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Cut into 6 squares, serve hot.

BAKED APPLES

Mabel Howe

Wash, wipe, pare and core apples. Put in baking dish. Fill cavity with granulated sugar. Pour ½ teaspoon lemon juice over apple. Cover bottom dish with water. Bake in a hot oven, basting every 8 minutes with syrup in the dish. Serve hot or cold, with or without cream and sugar.

BREAD PUDDING

Hattie I. Horton

In a double boiler top, combine 1 cup raisins and 1 cup brown sugar. Butter four slices or regular size bread (not sandwich bread). Cut bread in cubes and put on top of raisins and brown sugar. Beat 3 eggs and add 1 cup milk, ½ teaspoon salt and ½ teaspoon cinnamon. Pour this liquid mixture over the bread. Cover. Cook until done or when knife inserted comes out clean. Turn out on a serving dish and settle in for some good eating.

BREAD PUDDING

Weight Watchers

1 slice bread, cubed
1 egg
1 C. skim milk
1½ T. raisins
1 tsp. vanilla
1 tsp. cinnamon
4 to 5 pkts. Equal (to taste)

Put cubed bread and raisins in individual baking dish. Mix together vanilla, cinnamon, milk, eggs and Equal. Pour over bread and raisins. Bake in 350° oven for 30 minutes. 1 serving, besides being a dessert, can also be used for breakfast.

BREAD PUDDING

Mildred Clark Cody

5 slices day old bread
2 T. margarine
½ C. soft raisins
¼ tsp. salt
½ C. sugar
3 eggs, beaten
¼ tsp. cinnamon
3 C. scalded milk

Toast bread. Butter toast. Place in greased 9x9" pan. Add scalded milk to eggs (slowly), raisins, salt, sugar and cinnamon. May sprinkle small amount of sugar on top. Bake at 350° for 25 minutes.

CHERRY CHEESE CAKE

Elizabeth Hedrick
Submitted by Arlene (Hedrick) Gnadt

40 to 50 lg. marshmallows
1 C. milk
1-8 oz. pkg. cream cheese
1-8 oz. Cool Whip
1-21 oz. can cherry pie filling

CRUST:
2 pkgs. graham cracker crumbs
1 stick melted margarine

Melt marshmallows in double boiler with 1 cup of milk. After melted, add cream cheese, beat. Cool this mixture in ice water. After cooled, mix in Cool Whip. Put on crust and add can of cherry pie filling. For crust, crush graham crackers. Mix with melted margarine. Press into 9x13" pan.

CHERRY COBBLER

Mary Ellen Hobbs

1 can cherry pie filling
1 C. flour
1 C. sugar
½ tsp. salt
2 tsp. baking powder
⅔ C. milk

Mix flour, salt, sugar and baking powder. Stir in milk. Pour batter into 9" square pan and pour cherries over batter. Bake at 350° for 1 hour.

CHERRY DESSERT

Elizabeth Hedrick
Submitted by Charlene Gardner

- 1 can Wilderness cherry pie mix
- 1 sm. can crushed pineapple, drained
- 1-8 oz. Cool Whip or smaller
- ½ C. chopped nuts
- 1 can Eagle Brand milk

Mix cherry pie mix, pineapple, milk and chopped nuts. Fold in ½ of Cool Whip if not enough for your taste, add a little more. Keep cool in refrigerator.

CHOCOLATE COCONUT PUDDING

Esther Clark McCowan

- ¾ C. bread, soaked in 1 C. scalded milk until soft
- ½ C. sugar
- ½ C. coconut
- ½ C. cocoa
- 1 tsp. vanilla
- ½ tsp. bakng powder
- ¼ tsp. salt
- 2 eggs

Mix all ingredients together. Put in well buttered baking dish or pie tin. Bake in a moderate oven at about 300°. Use a hard sauce or whipped cream topping.

COCONUT PUDDING DESSERT

Eva Marie Sterling Culver

- 1 C. butter or margarine
- 2 C. flour
- ⅔ C. ground nuts
- 8 oz. cream cheese
- 1 C. powdered sugar
- 3 boxes instant coconut pudding
- 12 oz. Cool Whip
- 3¾ C. milk

For crust, mix melted butter or margarine, flour and nuts. Pat into pan. Bake at 375° for 10 to 15 minutes. Cool. For cheese layer, beat together cream cheese and powdered sugar until creamy. Add 1 cup Cool Whip and spread over crust. For pudding layer, mix instant pudding and milk until thick. Spread over cheese layer. Top with the remaining Cool Whip and sprinkle with toasted coconut. Decorate with maraschino cherries. (Other flavors of instant pudding may be used and chips may be used such as chocolate or butterscotch.) This may be frozen up to 3 weeks. Cut into 24 servings before serving.

CREAM PUFFS

Mary Alice Hobbs

4 eggs	½ C. butter
1 C. boiling water	½ tsp. salt
1 C. sifted flour	

CREAM FILLING:

¾ C. sugar	2 C. milk, scalded
⅓ C. flour	½ tsp. vanilla
⅛ tsp. salt	2 T. butter
2 eggs, well beaten	

Combine butter, salt and water and heat to boiling. Add flour and beat until dough leaves sides of pan. Cool. Add unbeaten eggs, one at a time and beat after each addition until mixture is smooth. Drop from tablespoon onto well oiled baking sheet about 2" apart. Shape each into round and pile slightly in center. Bake 30 to 35 minutes in 400° oven. Cool. Cut a slit in the side of each and fill with cream filling. For filling, combine butter, sugar, salt, flour and eggs. Add milk slowly, stirring constantly. Cook in double boiler until thick and smooth. This could be done in microwave. Add flavoring. Fill puffs and sprinkle with powdered sugar.

CREAM PUFFS

Mabel Howe

Heat to boiling point in saucepan.

1 C. water	½ C. butter

STIR IN:
1 C. flour

Stir constantly until mixture leaves pan and forms a ball, about 1 minute. Remove from heat. Cool. Beat in one at a time, 4 eggs. Beat mixture until smooth and velveety. Drop from spoon onto ungreased baking sheet 3" apart. Bake until dry at 400° for 45 to 50 minutes. Allow to cool slowly. To fill, cut off tops with a sharp knife. Fill with ice cream, whipped cream or favorite pudding. Replace tops. Serve cold.

CROWN JEWELL JELLO

LaVergne Wilken

3-3 oz. pkgs. jello (cherry, strawberry and lemon)
3 C. boiling water
2 C. cold water
1 C. pineapple juice
¼ C. sugar
1-3 oz. pkg. peach jello
1½ C. graham cracker crumbs
½ C. melted butter or oleo
2 envelopes Dream Whip, 1 dessert topping mix or 2 C. whipped cream

Prepare the first 3 flavors of jello separately, using 1 cup boiling water and ½ cup cold water. Pour each into an 8" pan and chill until firm or overnight. Then mix the pineapple juice and sugar. Heat until sugar is dissolved. Remove from heat and dissolve peach jello into the juice. Add ½ cup cold water. Chill until thickened. Meanwhile, mix crumbs and butter, press into bottom of large Pyrex cake dish. Cut other jello into ½" cubes. Then prepare the 2 packages of Dream Whip. Fold into the pineapple mixture. Next, add the small cubes and pour on top of crumbs.

DATE PUDDING

Melba Fossey

1 C. brown sugar
1 tsp. butter
1 C. sifted flour
1 tsp. baking powder
⅛ tsp. salt
½ C. dates, cut fine
½ C. chopped nuts
½ C. milk

Mix all ingredients together and pour into an 8x11" greased cake pan. Cover with topping.

TOPPING:
1 C. brown sugar
1¼ C. boiling water
1 tsp. butter
1 tsp. vanilla

Mix all together and pour over batter. Bake at 350° for 35 to 40 minutes. May be served with whipped cream or ice cream.

DATE PUDDING

Sarah Gregg

1½ C. brown sugar
1½ C. hot water
1 C. dates, chopped
1 C. white sugar
1 C. nuts, chopped (if desired)
1 C. milk
1 C. flour
1 tsp. vanilla
1½ tsp. baking powder

Combine brown sugar and water in 9x13" pan. Mix remaining ingredients together. Stir well. Pour over brown sugar and water. Bake at 350° for 30 to 45 minutes. May serve warm or cool with 1 tablespoon Cool Whip for garnish.

DIABETIC DESSERT

Jeane Fields

1 can sugar free peaches
1 box sugar free lemon cake mix

Place peaches in baking dish, sprinkle with cinnamon. Sprinkle half box of cake mix on over top, bake until brown. Place remaining cake mix in plastic bag and use at a later date.

DIET CHEESE CAKE

Louise Sherbert

2 C. unsweetened, crushed pineapple
6 pkgs. artificial sweetener
1½ C. powdered milk
1 pkg. unflavored gelatin
2 tsp. vanilla
2 tsp. lemon juice
½ tsp. butter extract
¼ C. boiling water

Drain pineapple. Pour juice in blender, add gelatin. Blend. Add boiling water. Blend. Add all other ingredients. Blend well. Pour into 8" pie pan (graham cracker or vanilla wafer crust). Sprinkle with cinnamon. Chill 2 hours.

DIRT

Arlene (Hedrick) Gnadt

8" diameter plastic flower pot
1 garden trowel
1 bush of plastic or silk flowers
1 bag gummy worms
2 lg. bags Oreo cookies, crushed
2 lg. (8 oz.) pkgs. cream cheese
1-16 oz. Cool Whip
1 stick margarine
1 C. powdered sugar
1 tsp. vanilla
3 sm. pkgs. vanilla pudding (instant)
4 C. milk

Mix together cream cheese, Cool Whip, margarine, powdered sugar and vanilla. Fix pudding according to directions, except use 4 cups milk instead of 6 cups. Add to above mixture. Lay down layer of Oreos, then layer of filling and Oreos alternately in the flower pot. End with top layer being Oreos. You can hide gummy worms in the filling layers. Put a few gummy worms on top. When time to serve, stick the bush flowers down into the mixture and add garden trowel (instead of serving with a spoon). A fun recipe to take to family reunions.

EASY DELICIOUS CHEESECAKE

Fayetta Wing-Pollitt

1 pkg. jello or Pillsbury regular cheesecake mix
1 pkg. dry Dream Whip mix
1-10" pie plate

Follow directions on cheesecake mix for crust. For filling, use 1¾ cups cold milk. Add 1 envelope of Dream Whip mix to milk and beat with hand mixer just until frothy. Add cheesecake mix and continue according to directions on package. Filling will be light and fluffy and will fill 10" pie very well.

FROZEN DESSERT

Dorothy Gregg (Mrs. Joe Gregg)

- 1 can Eagle Brand milk
- 1 lg. can crushed pineapple
- 1 C. crushed nuts
- 1 can cherry pie filling
- 1 lg. tub whipped topping

Mix all together. Freeze and serve. Can be put in a graham cracker crust.

FROZEN PUMPKIN DESSERT

Wanda Fountain

CRUST:

- 1 7/8 C. flour
- 1½ tsp. salt
- 3/8 C. sugar
- 1 C. margarine
- ¾ C. chopped nuts

FILLING:

- 1 pkg. vanilla pudding
- 1 lg. Cool Whip
- 1 sm. can pumpkin
- 1 qt. vanilla ice cream
- ½ C. brown sugar
- 1 tsp. cinnamon
- ½ tsp. nutmeg

For crust, mix like pie crust. Press into a 9x13" and 8x8" pan (dividing crust). Bake at 350° 10 to 12 minutes. Cool. For filling, cook pudding as directed. Add remaining ingredients; mix together. Divide and pour over crusts and freeze. Remove from refrigerator 20 to 30 minutes before serving.

VARIATION: Use strawberries and strawberry ice cream instead of pumpkin and spices and vanilla ice cream.

FRUIT PIZZA

Mary Alice Hobbs

- 1 roll refrigerated sugar cookie dough
- 1-8 oz. pkg. cream cheese
- 4 T. sugar

Heat unwrapped roll dough at LOW in microwave for 5 minutes, turning over once. Unwrap and pat in 12" pizza pan. Bake in conventional oven, 375° for 15 to 16 minutes. Cool. Remove cream cheese from wrapper. In small bowl, beat cream cheese, uncovered, at LOW for 2 minutes; stir in 4 tablespoons sugar. Spread on crust. Use any variety of fruit desired on pizza. You might like to try blueberries. Use ½ pound blueberries, ½ cup sugar and 1 tablespoon cornstarch. Stir together and cook 4 to 7 minutes at HIGH in the microwave until thickened. You could also use fresh strawberries or fresh strawberry jam. Bananas and peaches also work well. Arrange the fruits atop the cream cheese or serve in separate bowls and let people choose their own fruit.

ICE CREAM

Karen Lovelock

4 eggs
2½ C. sugar
5 C. whipping cream

Beat eggs until light. Add sugar gradually, beating until thick. Add cream and beat until light. Pour into 4 or 5-quart freezer and add milk to fill line. Freeze according to manufacturer's instructions. Variations can be made by adding 6 ounces mini chocolate chips, 2½ tablespoons vanilla, or 6 ounces of any crushed candy (Heath Bar, M & M's, etc.)

ICE CREAM

Vivian Gregg

6 eggs or egg beater equivalent
2 pts. frozen Coffee Rich
2 boxes instant vanilla pudding
2 C. sugar
2 T. vanilla
1 tsp. lemon extract
Milk

Combine all ingredients. Add enough milk to make 1 gallon. This is good ice cream to freeze if you do not have any cream. Any flavor instant pudding can be used.

JIFFY COBBLER

Mary Bowlby

½ C. butter or oleo
1 C. sugar
1 C. flour
1 tsp. baking powder
½ tsp. salt
1 C. milk
1 can pie filling

Melt butter or oleo in 9x13" pan. Mix sugar, flour, baking powder, salt and milk in bowl. Pour batter in pan. Pour pie filling into batter. Do not mix. Bake 40 minutes at 350° until batter rises and browns. Sprinkle with sugar before baking, if desired.

LEMON CHEESECAKE

Sophia Gregg

1 baked graham cracker crust
2 pkgs. lemon jello (2 C. hot water)
Lemon juice
1 lg. can condensed milk
1-8 oz. pkg. Philadelphia cream cheese
1 C. sugar
Lemon flavoring

Dissolve jello in 2 cups hot water, add lemon juice. Chill until syrupy and whip. Whip the condensed milk which has been well chilled, add to jello. Mix softened cream cheese and sugar and flavoring. Add to jello mix. Pour into crust (might save some crumbs for topping). Chill and serve. Enjoy!

LIME MILK SHERBET

Jo Mahoney

6 egg whites	6 C. whole milk
¾ C. sugar	1 T. grated lime rind
3 C. light corn syrup	2 C. lime juice

Blend egg whites until stiff, but not dry. Gradually beat in sugar, then syrup, milk, lime rind and juice. Chill and freeze.

MOM'S ICE CREAM

Betty Fenton

4 C. milk, heated	CHOCOLATE SYRUP:
2 C. sugar	1 C. sugar
4 T. flour	½ C. cocoa
6 eggs, separated	½ C. water
1 tsp. vanilla	Cook together until boils.

Mix sugar and flour and stir into warm milk. Add egg yolks that have been beaten smooth in a small amount of milk. Cook until thick. Cool. Beat egg whites until stands in stiff peaks. Fold into custard, along with 1 to 1½ pints cream. Add enough milk to fill freezer. Makes 1 gallon. For fresh peach ice cream, leave out vanilla and add about 6 pounds peaches, peeled and mashed. For chocolate, use syrup recipe at top. When making chocolate or fresh peach, use only 1 cup sugar in custard and use other cup in syrup, or mixed into mashed peaches.

NICE CREAM (DIABETIC)

JoAnn Lamb

1½ C. low-fat cottage cheese	10 packets Equal
½ C. pureed fruit (cherries, bananas, peaches, strawberries)	2 tsp. vanilla flavoring
	1½ C. water

In a blender or processor, combine cottage cheese, fruit, Equal and vanilla. Blend until uniform in color. Continue to blend while slowly adding water. Process mixture in an ice cream maker according to manufacturer's directions. Serve immediately.

NOTE: To make Vanilla Nice Cream, simply omit pureed fruit.

CALORIES: Regular ice cream-181, Nice Cream-48

FAT: Regular ice cream-46, Nice Cream 7

DIABETIC POINTS: ½

NUTTY ICE CREAM SANDWICH

Weight Watchers

6 oz. Weight Watchers vanilla ice cream
3 T. peanut butter
1 tsp. vanilla
4 graham crackers

Combine ice cream, peanut butter and vanilla. Spoon ½ mixture on 2 graham crackers, top with remaining . Wrap in foil; freeze. Equals 1 bread, ½ meat portion, 1 fat, 1 fruit, ½ milk. Makes 2 servings.

OZARK APPLE PUDDING

Evelyn Gardner
Submitted by Charlene Gardner

2 eggs, well beaten
1 C. sugar
½ C. brown sugar
½ C. flour
2½ tsp. baking powder
¼ tsp. salt
2 tsp. vanilla
2 C. chopped apples
½ C. nuts

Mix together the first 3 ingredients. Add to mix all the dry ingredients. Fold in apples and nuts. Pour into well greased pan. Bake at 35 minutes at 375°.

PEACH CAKE

LaVergne Wilken

1 lg. can sliced peaches
1 box yellow cake mix
1 C. chopped walnuts
1 C. coconut
½ C. melted butter

Dump peaches into 9x13" pan. Cut peaches into small pieces. Crumble dry cake mix evenly over peaches. Drizzle melted butter over top. Sprinkle nuts and coconut over top. Bake at 325° for 30 to 40 minutes. Serve warm with ice cream; makes a good dessert.

PEACH CHEESECAKE

Robin Allen

1 C. flour
1 egg
1 tsp. baking powder
1-8 oz. pkg. cream cheese, thawed
½ C. sugar
2 T. sugar
1 sm. pkg. vanilla pudding
½ C. milk
1-16 oz. frozen peaches, thawed, drained, reserving juice
½ tsp. cinnamon

Combine flour, pudding, egg, milk, baking powder, in a small mixing bowl. Beat for 2 minutes. Pour into greased 9" pie pan. Place peaches over top of batter. Combine cream cheese, ½ cup of sugar and 3 tablespoons of reserved juice in a small bowl and beat until smooth and creamy. Spread over top of peaches to within ½" of the sides. Combine the 2 tablespoons sugar and cinnamon. Sprinkle over top of the cheese. Bake at 350° for 40 minutes or until crust is completely baked.

PINEAPPLE BREAD PUDDING

Brenda Frisbie

½ C. margarine, softened	1-13¼ oz. can crushed pineapple, well drained
1 C. sugar	2 C. bread cubes (½"), about 3 slices
½ tsp. cinnamon	¼ C. chopped pecans
4 eggs	

Heat oven to 325°. Beat margarine, sugar and cinnamon, medium speed, scraping bowl constantly, 1 minute. Add eggs, beat on high until fluffy, about 2 minutes. Fold in pineapple, bread cubes and pecans. Pour into buttered 1½-quart casserole. Bake 40 to 45 minutes. Good topped with whipped cream.

PINEAPPLE DESSERT

Lula Mummey

1 can pineapple chunks	2 eggs
1 T. flour	¾ C. sugar
1 C. Pet milk	2 C. small marshmallows
1 C. chopped nuts	

Drain pineapple. To the juice, add 2 beaten eggs, 1 heaping tablespoon of flour, ¾ cup sugar. Boil until thickened. Cool, then add pineapple, milk and marshmallows and nuts. Mix well. Refrigerate.

PINEAPPLE DREAM

Weight Watchers

½ C. plain yogurt	½ tsp. vanilla
½ C. crushed pineapple, drained	½ tsp. coconut extract
Artificial sweetener equal 4 tsp. sugar	1 tsp. low calorie strawberry jam

Mix all ingredients thoroughly and spoon into a tall dessert glass. Place in freezer 1½ hours, or until partially frozen. Makes 1 serving. 1 milk and 1 fruit exchange.

PLEASIN' CHEESE CUPS

Mary Alice Hobbs

1 pkg. (4 serving size) sugar free jello, any flavor	Ice cubes
¾ C. boiling water	½ C. low-fat cottage cheese
1 T. lemon juice	½ C. diced pears or apples
½ C. cold water	½ C. diced orange sections
	½ C. halved, seedless grapes

Completely dissolve gelatin in boiling water; add lemon juice. Combine cold water and ice cubes to make 1 cup. Add to gelatin. Stir until slightly thickened. Remove any unmelted ice. Measure out ¾ cup and blend in cheese; add fruits to remaining gelatin. Chill or let stand 5 to 10 minutes, until thickened. Spoon gelatin into individual dishes or a bowl and top with cheese-gelatin mixture. Chill; soft-set in half an hour. Makes 7 servings.

POTATO DOUGHNUTS

Wanda Fountain

3½ C. flour
1 C. sugar
1 C. mashed potatoes
1 tsp. soda
½ tsp. salt
2 eggs
1 T. butter
⅛ tsp. nutmeg
1 C. sour milk

Mix and roll ½" thick. Fry in deep fat. Roll in cinnamon and sugar. These can be frozen and reheated as needed.

PUMPKIN DESSERT

Helen Wells

1 lg. can pumpkin pie mix
¾ C. melted butter or oleo
1 box spice or applesauce cake mix
2 eggs, beaten
¾ C. nuts
(Addtional sugar may be added if a sweeter dessert is desired)

Mix can of pie mix and eggs together. Place in a greased pan (9x13"). Sprinkle the box of cake mix over the top. Sprinkle on nuts, then drizzle with the melted butter. Bake 30 minutes at 350°. Is good served with whipped topping or ice cream.

PUMPKIN MARBLE CHEESECAKE

Maxene Howard

¾ C. sugar
2-8 oz. pkg. Philadelphia cream cheese, softened
1 tsp. vanilla
3 eggs
1 C. pumpkin
¾ tsp. cinnamon
½ tsp. nutmeg

Combine crumbs, nuts and margarine, press in bottom and 1½" up side of 9" springform pan. Bake 10 minutes at 350°. Combine cheese, ½ cup sugar and vanilla, mixing at medium until well blended. Add eggs, one at a time, mixing well after well blended. Reserve 1 cup of cheese mixture. Add remaining sugar, pumpkin and spices to remaining. Mix well. Alternately layer pumpkin, cheese over crust. Cut through both layers several times to make a marble effect. Bake at 350° for 55 minutes. Loosen cake from rim before cooling.

QUICK PEACH COBBLER

Cleo Griffith

4 C. fresh peaches
⅓ C. water
1¾ C. sugar
1 C. flour
1 tsp. baking powder
Salt
1 egg
⅔ C. milk

Combine peaches, water, 1 cup sugar, bring to boil. Combine flour, ¾ cup sugar, salt, baking powder, egg, milk. Mix and pour over peaches in 8x8" pan. Bake at 350° for 30 minutes. Serve with ice cream or whipped cream.

RHUBARB CRISP

Betty Fenton

3 C. chopped rhubarb
1 C. sugar
Rounded T. flour
Pinch salt
Cinnamon

TOPPING:
¾ C. oatmeal
¾ C. flour
¾ C. brown sugar
¼ tsp. soda
¼ tsp. baking powder
⅓ C. melted oleo

Mix rhubarb, sugar, flour, salt and cinnamon and put in 9" square pan. Mix topping ingredients together until crumbly and spread over top of fruit mixture. Bake 30 to 40 minutes at 350° until bubbly and browned. Serve warm with whipped cream or ice cream.

RICE PUDDING

Evelyn Gardner
Submitted Charlene Gardner

⅔ C. rice
¼ C. raisins
3 C. milk
2 eggs
⅔ C. sugar
½ tsp. salt
1 tsp. vanilla

In saucepan, bring to boil and remove from the heat the first 3 ingredients. Mix slightly beaten eggs, sugar, salt and vanilla. Add hot rice mix, slowly mix well. Pour into 1½-quart baking dish. Place in a pan of hot water and bake in oven (375°) for 35 minutes or a little more. Stir several times during first 20 minutes of baking.

STRAWBERRY DESSERT

Mabel Howe

1 white cake mix
⅔ C. Wesson oil
4 eggs
½ C. water
¾ box frozen strawberries
1 box strawberry jello

Mix jello and cake mix together. Make hole in the mixture. Add oil, eggs, water and strawberries. Mix well and bake at 350° for 40 minutes.

ICING:
1 lb. powdered sugar
2 T. butter
¼ box frozen strawberries

Mix together and spread.

STRAWBERRY REFRIGERATOR DESSERT

Mabel Howe

1 pkg. strawberry jello	2-10 oz. pkgs. frozen strawberries
1 C. boiling water	5 to 6 C. cubed angel food cake
1 C. whipping cream	

Drain strawberry juice and add enough water to make 1 cup. Pour boiling water and juice over jello and chill until slightly thickened. Fold in whipped cream, cake and strawberries. Chill.

STRAWBERRY/RASPBERRY CRISP (DIABETIC)

Karyl White

TOPPING:

6 T. oleo	¼ tsp. almond extract
6 T. unsweetened apple juice concentrate	1¾ C. unsweetened muesli or granola type cereal
½ tsp. vanilla extract	

FILLING:

3 C. fresh hulled strawberries	3 T. unsweetened apple juice concentrate
2 C. fresh raspberries	1 T. unsweetened muesli or granola cereal

To make topping, in a 2½-quart microwave safe casserole, cook margarine and apple juice concentrate on HIGH for 2 minutes, uncovered. Stir in extracts and cereal. Cook, uncovered, on HIGH for 5 minutes, stirring and breaking up mixture after 3 minutes. Transfer to a bowl and set aside. In the same casserole toss fruit with remaining ingredients. Cook, uncovered, on HIGH for 66 minutes. Stir. Sprinkle evenly with reserved topping. Cook on HIGH for 3 minutes longer. Cool slightly. Serve, spooned into small bowls. Makes 6 to 8 servings.

EXCHANGES FOR 1 SERVING: 1 starch, 1 fruit, 2 fat with 202 calories, 30 grams carbohydrates, 2 grams protein, 9 grams fat, 114 mg. sodium with no cholesterol.

SUMMER LIGHT DESSERT

Nola Charter

Carton strawberries	½ C. brown sguar
½ C. oleo, melted	1 C. flour
½ C. chopped nuts	

Mix. Bake at 350° for 20 minutes in 9x13" pan. Save out few crumbles.

TOPPING:

3 egg whites, beaten	1 tsp. lemon juice or Real Lemon
1 C. sugar	Package strawberries

Beat until stiff. Add small container Cool Whip. Pour over crust. Sprinkle rest of crumbs. Freeze 5 hours.

SWEDISH RICE PUDDING

Lynn Landis

1 C. rice	6 eggs, beaten
1 qt. milk	1 tsp. vanilla
½ C. sugar	½ C. raisins, optional
1 tsp. salt	

Cook rice in milk. Add a little sugar and cool. Add salt and remainder of sugar. Add a little more milk to the eggs. Combine rice, vanilla and eggs. Bake at 350° for about 1 hour in a buttered casserole. Sprinkle top with nutmeg before baking.

NOTE: A Smorasbord always has rice pudding and Swedish meatballs!

YOGURT AND GELATIN DELIGHT

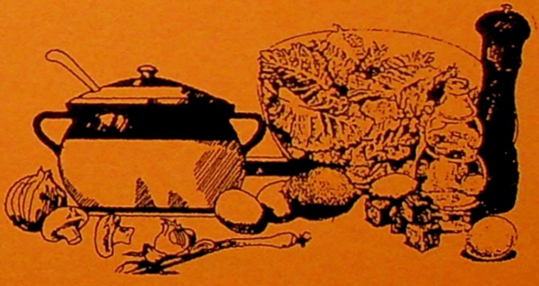
Mary Alice Hobbs

1 pkg. fruit flavored gelatin	1 C. low-fat yogurt the same flavor as gelatin

Prepare gelatin according to package directions. Chill until it begins to set. Stir the yogurt in until thoroughly combined with the gelatin. Return to refrigerator.

Notes

SOUP, SALADS SAUCES & DRESSINGS



BROCCOLI CHEESE SOUP

Teresa Griffith

2 T. oil or oleo
6 C. water
8 oz. fine noodles
2-10 oz. pkg. frozen broccoli, chopped
⅛ tsp. garlic powder
1 lb. processed American cheese
Pepper to taste
¾ C. onion
6 chicken bouillon cubes
6 C. milk

Heat oil or oleo in large pan, saute onion. Add water and bouillon cubes. Bring to a boil, stirring until cubes dissolve. Gradually add noodles and sat. Cook, uncovered, 3 minutes. Stir in garlic and broccoli and cook 4 minutes longer. Add milk, cheese and pepper. Cook until cheese melts, stir constantly.

BROCCOLI CHEESE SOUP

Barbara Frisbie

1-10 oz. frozen chopped broccoli
½ C. water
8 oz. Velveeta cheese, cubed
½ C. chopped onion
½ tsp. salt
½ C. chopped celery
1-14½ oz. canned chicken broth
3 T. oleo
1¼ C. flour
2 C. milk
½ tsp. nutmeg

Place broccoli, celery, onion, broth and water in saucepan. Cook, covered, 10 minutes or until tender. Do not drain. In large saucepan, melt oleo, blend in flour, salt and nutmeg. Add milk and cook. Stir until thick and smooth. Add undrained vegetables and cubed cheese. Cook over low heat until melted. Makes 6 to 8 servings.

BROCCOLI CHOWDER

Mary Alice Hobbs

2 C. water
1 C. carrots, chopped
1 lb. fresh broccoli, chopped
1 C. celery, chopped
½ C. onion, chopped

CHEESE SAUCE:
½ C. butter or margarine
½ C. flour
4 C. milk
2 C. grated Cheddar cheese
2 C. ham, diced
Salt and pepper, as desired

Combine water, celery, carrots and onions. Bring to boil, reduce heat and simmer 5 minutes or until tender, but crisp. Add broccoli and cook until tender, about 5 minutes. Do not drain vegetables. Make sauce with butter, flour, milk and cheese. Add ham, then combine with undrained vegetables. Makes 10 servings.

CALICO BEAN SOUP

Paula Hobbs

1 lg. onion, chopped
1 tsp. chili powder
1 lg. (32 oz.) can tomatoes, chopped
Juice of 1 lemon (3 T.)
Salt
Pepper
1 bag of 18 bean mixture

Wash beans; use large kettle; cover beans with water; add 2 tablespoons salt; soak overnight. Drain, add 2 quarts fresh water. (Ham hocks are optional.) Bring to a boil and simmer 3 to 4 hours. Then add ingredients listed above. Simmer 1 hour, or until beans are tender. Serve with corn bread and a green salad.

CHEESEBURGER SOUP

Helen Richardson

1 lb. hamburger, cooked
½ C. grated raw carrots
¼ C. celery
2 can Cheddar cheese soup
2 C. cooked rice
½ C. chopped onion
2 cans chicken broth
2 cans milk

Combine broth, carrots, onion and celery. Simmer for 10 minutes. Add hamburger, rice, soup, milk; heat thoroughly. Add one 8 ounce carton sour cream and chives. Heat again, but do not boil. Add water if too thick.

COUNTRY CHILI (DIABETIC)

First Christian Church Diabetics

1 lg. onion
1 clove garlic, chopped
1 T. reduced calorie margarine
1 tsp. salt
1 tsp. dried whole basil
½ tsp. dried whole oregano
1 tsp. chili powder
½ tsp. dried whole thyme
¼ tsp. pepper
1-16 oz. can whole tomatoes, undrained and chopped
1-8 oz. can red kidney beans, undrained

Saute onion and garlic in margarine in a large saucepan until tender. Add salt, basil, chili powder, oregano, thyme and pepper; stirring well. Stir in tomatoes and beans, simmer, uncovered, 10 to 15 minutes. Serve hot. Makes 6 servings (⅔ cup each).

EXCHANGES: 1 starch with 76 calories, 0 mg. cholesterol, 13 grams carbohydrates, 3 grams protein, 1 gram fat, 1 gram fiber, 811 mg. sodium.

CREAM OF POTATO SOUP

Cindy Hobbs

4 green onions
1 onion
1 T. butter
4 C. chicken broth
4 peeled medium size potatoes
1½ tsp. salt
⅛ tsp. pepper
½ C. cream

Saute onions (chopped) in butter until lightly browned, add broth. Put potatoes and other seasonings in onion mixture. Cover and simmer 45 to 50 minutes over low heat, blend in cream and reheat quickly to boiling.

DIFFERENT USES FOR SOUP MIX

Louise Sherbert

Many cooks use dry onion soup mix when making meat loaf. The soup mix can also be used for outdoor cooking also. For instance, there's Onion Burgers. Combine 1 envelope dry onion mix with ½ cup water and 2 pounds ground beef. Shape mixture in 8 patties and grill until done. As a side dish, try grilled potatoes. Take 4 sheets of aluminum foil and dice a raw baking potato onto each sheet. Top the potatoes on each sheet with 2 tablespoon of onion butter. Wrap foil loosely, sealing the edges airtight until a double foil. Grill 30 minutes or until potatoes are tender.

FLAVORFUL ONION SOUP (DIABETIC)

Karen Lovelock

1 T. reduced calorie margarine
5½ C. water
1 T. plus 2 tsp. beef flavored bouillon granules
½ tsp. Worcestershire sauce
1 med. onio, thinly sliced

Melt margarine in a large saucepan over low heat; add onion. Cover and cook over low heat 20 minutes or until onion is lightly browned, stirring well. Cover and bring to a boil. Reduce heat, and simmer 10 minutes. Serve hot. Makes four 1½ cup servings.

EXCHANGES: 1 vegetable with 0 mg. cholesterol, 5 grams carbohydrates, 0 grams protein, 3 grams fat, trace fiber, and 705 mg. sodium.

GOLDEN CREAM SOUP

Carolyn Well Westgate

3 C. chopped potatoes
1½ C. water
½ C. celery slices
¼ C. chopped onion
½ C. carrot slices
1 tsp. parsley flakes
1 chicken bouillon cube
½ tsp. salt
Dash pepper
1½ C. milk
2 T. flour
½ lb. Velveeta cheese

In large pan combine potatoes, water, celery, carrots, onion, parsley and bouillon cube. Cover, simmer 15 to 20 minutes or until vegetables are tender. Gradually add milk to flour, mix well. Add milk mixture to vegetables and cook until thickened. Add Velveeta cheese. Stir until melted. Makes 6 to 8 servings. Doubles easily.

LENTIL SAUSAGE SOUP

Wilma Sturgeon

1 lb. fresh pork sausage
4 med. parsnips, cut into chunks
2 med. onions, chopped
1 clove garlic, minced
2 C. lentils
2 tsp. salt
½ tsp. marjoram
1 qt. tomatoes
1 C. grated Swiss cheese
Slices of homemade or French bread

Fry pork sausage in Dutch oven until brown; remove. Add to drippings the onions, garlic and parsnips. Cook a few minutes. Add 10 cups water and lentils; cook 45 minutes. Add tomatoes and sausage. Serve over slices of bread and top with Swiss cheese. (I prefer it just in a bowl or a cup.)

MEAT SAUCE (CANNING)

Louise Sherbert

5 lbs. ground beef
2 C. chopped onions
1 C. chopped green peppers
1 C. cooked or canned tomatoes and juice
4-6 oz. cans tomato paste
2 T. brown sugar
2 T. minced parsley
1½ T. salt
1 T. oregano
½ tsp. pepper
½ tsp. ginger
½ tsp. allspice
2 T. vinegar

Brown ground beef. Add onions and green peppers and cook slowly until tender. Add remaining ingredients and simmer until thick enough for serving. Skim off excess fat before canning. Pour hot mixture into hot sterilized jars, leaving 1" of head space. Adjust caps of jars. Process pint jars for 1 hour and quart jars for 1 hour and 15 minutes at 10 pounds pressure in a steam pressure canner.

POTATO SOUP

Shandy (Gardner) Davis

5 to 6 potatoes, peeled, cut into quarters or eighths
4 T. flour
1 stick butter
3 to 4 C. milk
Salt and pepper to taste

Boil potatoes until tender. Strain potatoes and set aside. Melt butter in soup pan. Remove from heat and mix flour well with melted butter. Put pan back on heat and add milk. Cook and stir until it starts to thicken. Lower heat and add potatoes to sauce. Salt and pepper to taste.

POTATO SOUP (MICROWAVE)

JoAnn Lamb
Submitted by Maxine Hoyle

3 C. diced potatoes
2 stalks celery
1 sm. onion, chopped
¼ C. water
½ tsp. salt
1 tsp. parsley flakes
⅛ tsp. instant chicken bouillon granules
2 C. milk
4 T. flour
2 tsp. butter

Combine potatoes, celery, onion, water, seasonings, and bouillon granules in a 2-quart casserole. Cover. Microwave at HIGH for 7 to 10 minutes or until vegetables are tender, stirring after half the cooking time. Combine ¼ cup milk with flour. Mix until smooth. Stir flour mixture, remaining milk and butter into soup mixture. Microwave at HIGH, uncovered, 7 to 10 minutes more, or until thickened. Stir several times during cooking. Makes 1 quart.

TOMATO SOUP

Estella Clark

2 C. tomatoes and juice
2½ C. milk
Scant ¾ tsp. baking soda
Salt and pepper to taste
Margarine to taste

Heat tomatoes and milk separately. Add soda to hot tomatoes. Pour immediately into hot milk. Add salt, pepper and margarine to suit taste. If soda taste is too strong, add more milk.

24 HOUR SALAD

Janeil Klassen

1 lg. head lettuce
1 sm. green pepper, chopped
6 green onions, chopped
1 C. celery, chopped
1 box thawed, uncooked frozen green peas

Use a non-metal container (bowl). Layer in order given. Cover all with 1 pint mayonnaise. Sprinkle top with 2 tablespoons sugar and 2 ounces Parmesan cheese. Cut up and cook and drain 12 ounces bacon. Sprinkle over top. Cover lightly and let stand 24 hours. Toss before serving.

APRICOT-PINEAPPLE SALAD

Mary Alice Hobbs

1-20 oz. can crushed pineapple
1 C. water
½ C. sugar
2-3 oz. pkgs. apricot jello
2-3 oz. pkgs. cream cheese
1 C. pecans or walnuts
2 sm. pkgs. dessert topping

Bring to boil crushed pineapple, water and sugar. Add jello, cream cheese and nuts. When mixture starts to set, fold in dessert topping prepared according to package directions. Place in 9x13x2½" pan; chill. Peach or pineapple jello can be used instead of apricot. This is a recipe that can be easily cut in half for a smaller salad.

APRICOT FROZEN SALAD

LaVergne Wilken

1-12 oz. can frozen orange juice
1-12 oz. can water
3 C. mashed apricots
2 C. crushed pineapple
¼ C. lemon juice
6 bananas, mashed
2 C. sugar

Combine orange juice, water, apricots, pineapple, lemon juice, bananas, and sugar in blender. Blend well. Spoon into paper lined muffin tins or plastic molds; freeze. Salads in paper cups may be packaged in freezer bags to store in freezer.

APRICOT NECTAR SALAD

Vivian Gregg

1 C. apricot nectar
3 oz. orange jello (dry)
1 med. can crushed pineapple
½ C. nuts
1 C. tiny marshmallows
2 bananas, diced

Heat the apricot nectar to boiling. Add the jello and stir to dissolve. Drain the pineapple and add enough water to the juice to make 1 cup of liquid. Add to the above mixture. Chill until partially set. Add the nuts, pineapple, marshmallows and bananas. Chill until set.

APRICOT SALAD

May Shores

2-3 oz. pkgs. orange jello
2 C. apricots, cut up (large can)
1 C. pineapple, apricot juice, mixed
2 C. boiling water
10 lg. marshmallows
2 C. crushed pineapple

Dissolve jello in water and when partially set, add remaining ingredients. Pour into a 9x13" pan. Add sauce.

SAUCE:
1 C. pineapple and apricot juice, mixed
½ C. sugar
1 beaten egg
2 T. flour
2 T. butter

Cook until thick. Cool. Whip 1 cup whipping cream. Fold into sauce and spread over the salad.

ARTICHOKE-RICE SALAD

Esther Bright

1-8 oz. pkg. chicken flavored rice mix
4 green onions, sliced thin
½ green pepper, chopped
12 stuffed green olives, sliced
2-6 oz. jars marinated artichoke hearts
½ tsp. curry powder
½ C. mayonnaise or salad dressing

Mix as given.

BEAN AND CARROT SALAD

Ann Mummey (Mrs. Bob)

1-16 oz. can green beans
1 can red kidney beans
¼ C. green pepper
2 T. parsley
⅓ C. sugar
1 tsp. dry mustard
1-16 oz. can sliced carrots
1 sm. onion, sliced
¼ C. chopped celery
½ C. vinegar
2 T. salad oil
Dash pepper

Drain vegetables and combine in bowl. Combine vinegar, sugar, oil, mustard and pepper. Cover and shake well. Pour over vegetables. Chill several hours. Arrange onion rings over top.

BLANCHE YOUNG'S SALAD

Blanche Young
Submitted by Mary Alice Hobbs

1-#2½ can chunk pineapple
2 eggs
2 T. cornstarch
1 pkg. marshmallows
½ lb. Velveeta cheese
1 C. whipped cream

Drain pineapple and reserve liquid. Beat eggs well and add cornstarch and the juice. Cook until thick. Cool. Cut up marshmallows and cube cheese. Add marshmallows, cheese and pineapple, then whipped cream.

BLUEBERRY JELLO

Wanda Fountain

1 lg. raspberry jello
1 can crushed pineapple, drained
1 can blueberries, drained
2 C. hot water
½ C. nuts
1 pkg. Dream Whip
1-13 oz. pkg. cream cheese

Dissolve jello in 2 cups hot water. Use juice from blueberries and water to make 2 cups cold liquid. Add to jello. Take 1 cup out and set aside. When large portion is partially set, add fruit and nuts. Whip 1 cup of firmly set jello with cream cheese and Dream Whip. Top the jello.

BROCCOLI SALAD

Nola Charter

1 bunch broccoli
1 C. raisins
¼ C. onion, chopped fine
6 pieces cooked bacon, crumbled
1 C. mayonnaise
½ C. wine vinegar
¼ C. sugar or sweetener

Mix mayonnaise, vinegar and sweetener. Pour over other ingredients. Marinate several hours.

BROCCOLI-BACON SALAD

Barbara Frisbie

2 lbs. broccoli, chopped in small pieces
1 lb. bacon, cooked, drained, diced
1 C. raisins
1 T. vinegar
1 med. onion, chopped
½ C. sunflower seeds
¼ C. sugar

DRESSING:
1 C. salad dressing or mayonnaise
1 T. vinegar

Mix dressing, sugar and vinegar together. Let stand in refrigerator for 2 hours. Mix broccoli, bacon, onion and raisins together. Stir in dressing. Will not look like enough, but it is. Makes 6 to 8 servings. May be doubled.

CAESAR SALAD

Dr. Stanley Wells

Romaine lettuce, washed, dried on
paper towels

MIX:

1 garlic clove, chopped	Anchovy paste or anchovies (to taste)

Salt the above lightly and work into a paste. Add 1 tablespoon wine vinegar, 2 dashes Worcestershire sauce, wee tad of wine vinegar, 2 dashes Worcestershire sauce, wee tad of mustard. If needed, add more wine vinegar. Add 1 to 2 tablespoon lemon juice, ⅓ cup olive oil and 1 raw egg. Shred lettuce, sprinkle on Parmesan cheese. Add sauce and mix. Place onion-garlic croutons on top and serve.

CARROT SALAD

Nola Charter

1-8 oz. cream cheese, softened	2 C. grated carrots
1 C. milk	1-3 oz. pkg. instant vanilla pudding
1-8½ oz. can crushed pineapple, drained	

Beat softened cream cheese and ¼ cup milk until creamy. Add remaining ¾ cup milk. Beat well. Stir in pineapple, carrots, then dry pudding. Beat 1 minute only. Serve immediately or may be chilled.

CASHEW FRUIT SALAD

Barbara Frisbie

2 lbs. white seedless grapes	1 sm. head cauliflower
1-8 oz. pkg. cashews	

DRESSING:

1 C. mayonnaise	1 tsp. prepared mustard
½ C. sugar	

Mix and pour over salad mixture.

CAULIFLOWER SALAD

Mary Alice Hobbs

1 head cauliflower	1 cucumber, diced
3 bunches green onion or ½ C. diced onion	1 jar button mushrooms
1 lg. green pepper, diced	1 sm. bottle creamy Italian dressing
2 stalks celery, diced	½ pkg. frozen peas, uncooked

Break cauliflower into bite sized pieces. Mix with all other ingredients the night before to season. Makes a large salad.

CHEESECAKE SALAD

Pat Kreller (former Pastor's wife)

Put 1 can Pet or Carnation milk in a large bowl and put in freezer until icy. Dissolve 1 box lemon jello in 1 cup hot water. Put in refrigerator until partially set. Whip into jello one 8 ounce package cream cheese, softened. Whip Pet milk with 1 cup sugar until stiff, then whip into jello mixture. Fold in can of drained pineapple and ½ cup chopped nuts. A 9x13" pan holds the recipe.

CHEESE SALAD

Acquilla Gregg Murray

1 container Cool Whip
1 can crushed pineapple
1 can pineapple tidbits or chunks
1 can mandarin oranges
1 carton cottage cheese

Mix together and serve.

CHERRY FANTASY

Vivian Gregg

1 lg. can cherry pie filling
1 C. chopped pecans
1 sm. can grated pineapple, drained
1 C. Angel Flake coconut
1 C. small marshmallows
1 lg. (9 oz.) carton Cool Whip
1 can Eagle Brand milk

Mix together the pie filling, pecans, pineapple, coconut and marshmallows. Chill 1 hour. Fold in the Cool Whip and Eagle Brand milk. Chill overnight.

CHERRY PIE JELLO SALAD

Barbara Frisbie

1 can Eagle Brand milk
⅓ C. lemon juice
1 can cherry pie filling
1 can crushed pineapple, drained
1 pkg. Dream Whip
½ C. chopped nuts

Mix all ingredints, adding lemon juice last. Chill. Make and sets up like jello.

CHERRY SALAD

Teresa Griffith

1 can cherry pie filling
1 can Eagle Brand condensed milk
1 sm. tub Cool Whip
1 sm. can crushed pineapple

Stir all ingredients together. Chill before serving.

CHICKEN PASTA SALAD

Shandy (Gardner) Davis

½ C. Miracle Whip salad dressing
¼ C. Parmesan cheese (1 oz.)
2 T. milk
½ tsp. salt
1½ C. chopped, cooked chicken
1 C. chopped tomato
1 C. green pepper chunks
¼ C. coarsely chopped onion (green)
1 C. corkscrew noodles, cooked, drained

Combine salad dressing, cheese, milk and salt. Mix well. Add the remaining ingredients. Mix lightly. Chill several hours or overnight. Add additional salad dressing just before serving, if desired.

CHICKEN SALAD

Nola Charter

3 C. cooked, chunked chicken
¾ C. celery, chopped
¾ C. red grapes, halved, seeded
1-20 oz. can pineapple chunks, drained
¼ C. chopped pecans
¼ C. salad oil
⅛ tsp. salt
1-11 oz. can mandarin oranges, drained
Lettuce leaves as desired

Lightly toss chicken, pineapple, celery, grapes, oranges and 3 tablespoons pecans. Makes six 1 cup servings.

COLORFUL HOLIDAY SALAD

Mabel Howe

Dissolve 2 packages of lemon jello in quart of boiling water. While this cools, chop 1 cup of blanched almond meats and enough tender celery to make 2 cups. Drain contents of 1 small bottle of green cherries (creme de menthe) and 1 of maraschino cherries. Split the cherries, add them and the celery and nuts to the jello mixture just as it begins to harden.

COMBINATION SALAD

Esther Clark McCowan

1 box lime jello
1 med. jar stuffed olives
6 or 7 stalks celery or 1 small bunch
½ C. nuts

Slice olives into rings and celery and nuts into small pieces. Mix jello as directed. Add olives, celery and nuts. When set, serve on lettuce leaf with teaspoon mayonnaise.

COOL LEMON SALAD

Joan Smith

2 pkgs. lemon jello	2 C. boiling water
1 can lemon pie filling	½ C. cold water
1 can crushed pineapple with juice	

Mix jello with boiling water, then add cold water. Stir in pie filling, pineapple and juice. Top (when set up) with a thin layer of Cool Whip or Miracle Whip.

COTTAGE CHEESE SALAD

Martha E. Chrystie

1 sm. (3 oz.) pkg. lemon jello	2 T. minced onion
1 C. hot water	1 C. diced celery
1 C. small curd cottage cheese	¼ C. diced green pepper
1 C. Miracle Whip	1 T. vinegar

Dissolve jello in hot water. Cool until syrupy, then mix with other ingredients. Pour into a 9" Pyrex dish and refrigerate until firm. Top with shredded Cheddar cheese. Makes 6 servings.

CRANBERRY JELLO SALAD

Edith Wilson

Grind together 12 ounces of cranberries to which you have added about 21 packages of Equal or a mixture of Equal and fructose, 2 medium apples and 1 orange with a small part of the rind or concentrate. (I prefer orange and a little concentrate.) Add to the ground mixture some drained, crushed pineapple (about 1 cup) and some halved red grapes. Stir into 2 packages of sugar free cherry or raspberry jello, dissolved in 2 cups of water. Pour into container and chill. Great for holidays.

CRANBERRY SALAD

Myrtle Gould

1 pkg. cranberries	1 orange
2 C. sugar	2 sm. pkgs. jello (1 each orange and raspberry)
1 envelope unflavored gelatin	

Grind cranberries and orange with peel. Add sugar and let stand. Prepare jello per package. Let gelatin stand in water until it sets. Add to jello. Stir until dissolved. Combine jello and gelatin mixture to fruit. Place in refrigerator until set.

CRANBERRY SALAD

Betty Fenton

1 box each lemon and raspberry jello
2 C. boiling water
2 C. cold water
2 C. ground cranberries
1½ C. sugar
1⅔ C. red grapes, halved
¾ C. crushed pineapple, drained
2 C. chopped celery
Walnuts, optional

Dissolve jello in boiling water. Add cold water and let cool. Grind cranberries and mix with sugar and let stand while cutting grapes and celery. Mix all together and chill until set. Makes a very large salad. Especially good with turkey.

CRANBERRY SALAD

Joyce (Smith) Davis

1 lb. fresh cranberries
3 C. miniature marshmallows
¾ C. sugar

Put washed and stemmed cranberries through food grinder or food processor. Combine the miniature marshmallows and sugar with cranberries, place in a a bowl, cover and refrigerate overnight.

2 C. diced, unpeeled apples
½ C. seedless green grapes (cut at least in halves)
¼ tsp. salt
½ C. broken walnut meats
1 C. cream, whipped

Combine diced apples, grapes and salt with the chilled cranberry mxiture. Fold into mixture the whipped cream and walnut meats. Return to refrigerator to chill (about an hour) before serving.

CRANBERRY SALAD (DIABETIC)

Vivian Gregg

2-6 oz. pkgs. sugar free raspberry jello
1-12 oz. pkg. cranberries
4 envelopes Sweet 'n Low
1-15¼ oz. can crushed pineapple, drained
3 apples

Prepare jello according to package directions. Grind cranberries and apples. Add pineapple and Sweet 'n Low. Mix well and let stand. When jello begins to get thick, mix all together.

CRANBERRY YUM YUM

Elizabeth Hedrick
Submitted by Charlene Gardner

½ lb. fresh cranberries
½ lb. miniature marshmallows
¾ C. sugar
⅓ C. muts
½ pt. whipped cream
¼ C. sugar
½ can-#2 crushed pineapple, drained

Grind cranberries. Combine with marshmallows and ¾ cup sugar. Chill overnight. Whip cream; add remaining sugar. Blend pineapple, nuts and whipped cream with cranberry mixture. Chill until ready to serve.

FIVE CUP SALAD

Mary Ellen Hobbs

1 C. sour cream
1 C. mandarin oranges
1 C. coconut
1 C. well drained pineapple pieces
1 C. marshmallows

Mix these 5 ingredients together and let stand at least 6 hours.

VARIATIONS: You may add 1 cup green pepper or 1 cup bananas or add maraschino cherries for a pink salad.

FREEZER SLAW

Louise Sherbert

1 head cabbage, shredded
1 carrot, shredded
1 T. salt
1 C. vinegar
¼ C. water
2 C. sugar
1 tsp. celery seed

Let cabbage and carrot stand for 2 hours. Squeeze out excess moisture. For sauce, boil and cool vinegar, water, sugar and celery seed before pouring over cabbage mixture. Freeze.

FROZEN CABBAGE SLAW

Barbara Frisbie

Shred medium head cabbage
Shredded carrots
1 C. vinegar
1½ C. sugar
1 tsp. salt
Diced green peppers
¼ C. water
1 tsp. mustard seed

Combine cabbage and salt. Soak for 1 hour. Drain cabbage and salt mixture and add shredded carrots and diced green peppers to amount desired for salad. Set aside vegetable mixture. Combine the rest of ingredients and boil for 1 minute and cook to lukewarm. Pour cooled mixture over cabbage mixture and freeze.

FROZEN SPINACH SALAD

Ethyl Sterling

1 pkg. frozen spinach	1 C. chopped celery
¾ C. chopped onion	½ tsp. salt
1 tsp. Tabasco sauce	3 T. vinegar
1 C. grated cheese (Cheddar)	5 hard boiled eggs
1½ C. mayonnaise	

Thaw spinach and squeeze out excess liquid. Chop 3 boiled eggs, celery and onion. Add to spinach and set aside. In large bowl, mix salt, vinegar, Tabasco and mayonnaise. Add to spinach mixture, mix well and set overnight. Before serving, top with rest of eggs, cut up.

FRUIT SALAD

Wanda Fountain

SAUCE:

1½ C. milk	8 oz. sour cream
½ sm. can orange juice	Box vanilla pudding

DRAIN FRUIT:

Mandarin oranges	3 apples
Pineapple tidbits	Can peaches and pears
3 bananas	

Drain all fruit and mix together. In blender, mix the sauce ingredients together. Blend for 3 minutes. Pour over the fruit and stir.

FRUIT SALAD (DIABETIC)

Jeane Fields

1 can each sugar free peaches, pineapple (could use sugar less frozen fruit)	1 pkg. sugarless strawberries Bananas Seedless grapes

GLORIFIED RICE

Cleo Griffith

2 C. cooked rice	½ C. sugar
1 C. drained crushed pineapple	1 C. chopped apples
1½ C. marshmallows	1 C. whipped topping

Combine rice, pineapple, marshmallows, sugar and apples. Garnish with maraschino cherries. Mix well with whipped topping.

HOLIDAY SALAD

Vivian Gregg

1-6 oz. pkg. lime jello	2 C. Cool Whip
1 lg. can crushed pineapple with juice	1 sm. carton cottage cheese
1 jar chopped pimentos	1 C. chopped English walnuts

Combine jello and pineapple in saucepan, heat until jello is dissolved. Let cool. Stir in the remaining ingredients; chill until firm. (If it seems too dry, add more Cool Whip.)

HONEY SLAW

Joyce (Smith) Davis

1 C. pimentos or 4 oz. glass container	1 sm. green pepper
1 med. head cabbage or 1 pkg. shredded cabbage and carrots	1 onion

HONEY DRESSING:

½ C. honey	1 tsp. salt
⅔ C. salad oil	1 T. sugar
1 C. apple cider vinegar	

Combine honey, oil and sugar. Bring to a full boil, remove from heat and add vinegar and salt. Stir, then pour over the cabbage mixture while the dressing is still hot. Do not stir. Cover and refrigerate. This can be made a day ahead of serving. It will keep indefinitely in refrigerator, the longer it ages the better it is, up to 1 week.

HOT POTATO SALAD

Clara Mae McDonald Selfridge
(Eolia Corington's sister)

5 med. potatoes, boiled	½ C. water
1 med. onion	4 slices bacon
4 eggs, boiled	⅓ C. sugar
½ C. vinegar	1½ tsp. salt

Peel and boil potatoes. Hard boil eggs. While potatoes and eggs are cooking, chop onion fine, sliver bacon and fry crisp. When eggs are done, peel and chop. When potatoes are almost done, drain bacon. Pour water and vinegar into bacon grease. Mash potatoes slightly in pan and add chopped onion, sugar and chopped egg. Bring grease, water, vinegar mixture to slight simmer and pour into potato mixture. Stir lightly and serve.

LAYERED JELLO SALAD

Wanda Fountain

2 pkgs. jello (lemon or cherry)	TOPPING:
2 C. hot water	½ C. sugar
2 C. cold water	2 T. flour
2 C. crushed pineapple, drained	1 C. pineapple juice
Miniature marshmallows	1 egg, slightly beaten
2 bananas, sliced	2 T. oleo
Grated longhorn cheese	1-8 oz. Cool Whip

Dissolve jello in hot water. Add cold water, drained pineapple, miniature marshmallows and bananas. Chill until firm. For the topping, mix together sugar, flour, pineapple juice and egg. Cook over low heat until thick and remove from heat. Add oleo. Chill, then add Cool Whip. Spread over firm jello salad. Top with grated cheese.

To make apricot salad: Substitute drained apricots for bananas, use apricot juice and pineapple juice for liquid for the topping layer.

LAYERED LETTUCE SALAD

Arlene (Hedrick) Gnadt

1 head lettuce	1 T. sugar
1 lg. onion, chopped	4 oz. shredded Cheddar cheese
1 box frozen peas, uncooked	8 slices crumbled, cooked bacon
2 C. Miracle Whip	

Chop lettuce. Place in 9x13" pan. On top in layers add onion and peas. Spread 2 cups Miracle Whip over top. Sprinkle on sugar, cheese and bacon.

LEMON JELLO SALAD

Mrs. Joyce McKee

2 pkgs. lemon jello	1 sm. flat can pineapple
2 C. boiling water	1-8 oz. Cool Whip
1 can lemon pie filling (Wilderness)	Shredded cheese

Combine boiling water and jello and can of pie filling. When cool, add pineapple. Refrigerate. When set, frost with Cool Whip. Sprinkle shredded cheese on top. Makes a large salad. Yum! Yum!

LIME PINEAPPLE SALAD

Wanda Fountain

1-20 oz. can crushed pineapple
1-3 oz. box lime jello
1 C. grated American cheese
½ C. diced walnuts
1 C. non-dairy whipped topping

Heat pineapple. Add gelatin. Chill until nearly firm. Add grated cheese, nuts and non-dairy topping. Mix well with spoon and pour into mold or 1½-quart oblong dish. Refrigerate. Best if made the day before using.

MANDARIN TUNA SALAD

Weight Watchers

12 oz. tuna, drained
2 C. cooked rice (without salt)
2 med. apples, pared, diced
1 C. canned mandarin orange slices
1 C. chopped celery
¾ C. plain yogurt
2 tsp. soy sauce
2 tsp. lemon juice
1 tsp. grated orange rind
½ tsp. onion flakes

Combine first 5 ingredients. Blend yogurt with remaining ingredients and pour over tuna mixture and toss lightly. Cover; chill. Makes 4 servings.

MEXICAN SALAD

Eva Mae Barnes

MIX TOGETHER:
Lettuce
Tomato
Bell pepper
Green onion

Pour large can of chili with beans on top of salad mixture. Pour 1 bottle of Caesar salad dressing over beans. Crush Fritos over dressing. Top with grated longhorn cheese.

MOSTACCIOLI SALAD

Wanda Fountain

1 lb. mostaccioli noodles, cooked
1 C. onion
2 cucumbers
1½ C. vinegar
Parsley
Pimento to taste
1½ C. sugar
1 tsp. pepper
2 tsp. prepared mustard
1 tsp. Accent
1 tsp. garlic salt
1 tsp. salt

Mix everything together. It should be refrigerated at least overnight. But the longer it sits, the better it gets.

NUTTY APRICOT SALAD

Vivian Gregg

1-17 oz. can apricot halves, chopped and drained
2-3 oz. apricot jello
2 C. boiling water
1 C. cold water
¾ C. sour cream
½ C. mayonnaise
¼ C. slivered almonds

Dissolve jello in boiling water. Add the cold water. Chill until slightly thickened. Blend in sour cream and mayonnaise. Fold in the chopped apricots and almonds. Chill until firm.

PARSLEY POTATO SALAD

Mary Alice Hobbs

2 C. diced, cooked potatoes
½ T. chopped pimento
½ C. diced celery
2 T. chopped parsley
1 T. chopped onion
½ T. cider vinegar
1 tsp. dry mustard
½ tsp. celery seed
⅛ tsp. pepper
½ tsp. salt
¼ C. mayonnaise

Combine all ingredients except mayonnaise. Toss lightly and chill. A few hours before serving time, add mayonnaise and return salad to the refrigerator. Garnish with strips of pimento.

PEAR SALAD

Joan Peyton
(Melba Fossey's niece)

1 lg. can pears
1-3 oz. pkg. lemon jello
1-8 oz. pkg. cream cheese
1 C. chopped pecans
1-8 oz. container whipped cream

Drain pears and reserve 1 cup liquid. Bring liquid to a boil and add jello, stirring to dissolve. Set aside to cool. Run pears through a blender and add softened creamed cheese. Blend at high speed. Add creamed cheese and pear mixture to cool jello. Refrigerate until chilled and set. Top with whipping cream and nuts. Refrigerate.

PRETZEL SALAD

Joan Smith

1-16 oz. pkg. frozen strawberries
2½ C. pretzel sticks, crushed fine
1½ C. melted margarine
2 C. pineapple juice
2-3¾ oz. pkgs. strawberry jello
1-8 oz. pkg. cream cheese
1 C. sugar
2-9 oz. cartons Cool Whip

Crush pretzels until fine, add melted margarine and mix well. Press into a 9x13" pan and bake 10 minutes at 400°. Let cool. Bring pineapple juice to boil and then dissolve jello in juice. Stir until all jello is mixed well. Add frozen strawberries and set aside. Mix cream cheese and sugar together and add 1 carton Cool Whip. Spread over pretzels with back of wet spoon. When jello mixture begins to set, pour over top of cream cheese mixture. Cover and let jello set until firm. Top other carton of Cool Whip and refrigerate.

RAW SALAD

Karyl White

1 head cauliflower
1 bunch green onions
1 cucumber
2 to 3 carrots, optional
1 bunch broccoli
Several radishes
3 tomatoes, wedged

Cut cauliflower, broccoli, onions, radishes and carrots into pieces. Marinate in following: ½ cup salad dressing, ¼ cup sugar or honey, ½ cup vinegar, ½ cup sour cream.

RAW SALAD

Karen Lovelock

Head cauliflower, cut up
Bunch broccoli, cut up
Bunch green onions, sliced
Cucumber, sliced
1 lb. carrots, sliced
Several radishes, sliced

MARINADE:
½ C. Miracle Whip Lite
½ C. vinegar
½ C. sour cream
¼ C. sugar

This does not keep overnight so marinate only for 2 to 4 hours. Serve immediately.

RIBBON SALAD

Mary Alice Hobbs

2 C. milk
¾ C. sugar
2 pkgs. Knox gelatin
¼ C. cold water
2 tsp. vanilla
1 pt. commercial sour cream
1-3 oz. pkg. each lime, lemon, orange and cherry jello (sugar free)

Heat milk and sugar until sugar is dissolved. Dissolve Knox gelatin in water; mix into first mixture. Add vanilla and sour cream. Mix each package of jello with 1 cup boiling water and 4 ice cubes. Alternate layers of jello and white mixture in 9x13" pan, chilling in between layers until firm. Makes 12 servings.

SEAFOAM SALAD

Melba Fossey

1 pkg. lemon gelatin
1 pkg. lime gelatin
2 C. hot water
1 C. mayonnaise
1 C. sweetened condensed milk
1 C. small curd cottage cheese
2 C. crushed pineapple, drained
1 C. chopped nuts

Dissolve gelatin in hot water; cool in refrigerator until partially set. Combine remaining ingredients and fold into partially set gelatin. Pour into a 9x13" container and cool until set.

SESAME CHICKEN SALAD

Janeil Klassen

3 C. cooked chicken (white meat)
1½ C. celery, chopped
⅔ C. green pepper, chopped
½ C. green onion, chopped
1 C. sliced water chestnuts
½ C. slivered almonds, toasted
⅛ C. sesame seeds, toasted
¼ C. sour cream
1 C. mayonnaise
Salt and pepper to taste

Mix all ingredients together. Chill and serve on lettuce leaf.

SLIMMING EGG SALAD

Norma Warn

1-16 oz. can bean sprouts, drained
1-8 oz. can water chestnuts, drain
½ lb. fresh mushrooms, sliced OR
  1-4 oz. can drained mushrooms
1-4 oz. jar chopped pimento
1 green pepper, sliced julienne
½ C. sliced celery
2 T. minced onion
6 hard boiled eggs, chopped

Toss together all ingredients but eggs. Fold them in carefully. Cover and chill until ready to serve. Serve with Oriental Dressing.

ORIENTAL DRESSING: Combine ⅓ cup low cal French dressing with 2 tablespoons lemon juice and 2 tablespoons soy sauce. Cover and chill. This makes 6 servings at 160 calories.

SPAGHETTI PRIMAVERA SALAD WITH HAM

Mandy Frisbie

½-1 lb. pkg. spaghetti, broken in half
2 C. fresh broccoli flowerets
1 C. cherry tomatoes, quartered
⅔ C. Italian dressing
¼ c. grated Parmesan cheese
1-6¾ oz. can ham chunks, flaked
1 C. thin carrot strips

Prepare spaghetti according to package directions. Add broccoli and carrots during last 2 minutes of cooking, drain. In large bowl, combine spaghetti, broccoli, carrots. Add tomatoes, dressing and Parmesan cheese; toss to mix. Add ham. Chill; toss gently before serving.

STRAWBERRY SALAD

Ruth Clark Scott

CREAM TOGETHER:

1-8 oz. pkg. cream cheese	¾ C. sugar

ADD:

3 lg. bananas, sliced	1-16 oz. box strawberries, thawed
½ C. nuts	1 lg. container Cool Whip
1-#211 can pineapple tidbits, drained	

Fold together well. Place in 9x12" dish. Freeze. Keeps 4 to 6 weeks. Serve small amount, thawed.

SUMMER SALAD

Donna Jones

1 bunch broccoli, cut in pieces	¼ tsp. pepper
1 head cauliflower, cut in pieces	½ C. sugar
1 red onion, cut in pieces	⅓ C. vinegar
1 green pepper, cut in pieces	1 C. Miracle Whip salad dressing
½ tsp. salt	1 jar pimentos

Mix salt, pepper, sugar, vinegar, salad dressing and pimentos. Pour over wedges. Let set overnight. Keep refrigerated.

VEGETABLE SALAD

Wanda Fountain

1 sm. can mushrooms	OPTIONAL ADDITIONS:
1 sm. head cauliflower	Broccoli
3 to 4 stalks celery, chopped	Shredded carrot
3 to 4 green onions, chopped	Sliced radishes
1-10 oz. pkg. frozen peas	Chopped cucumber

Bottle Italian dressing

Cut vegetables up and add mushrooms and peas. Pour Italian dressing over all and refrigerate. Best if made the day before.

BIG MAC SAUCE (FOR HAMBURGERS)

Barbara Frisbie

1 C. Miracle Whip	1 T. sugar
1⅓ Kraft creamy French dressing	¼ tsp. pepper
¼ sweet pickle relish	1 tsp. dry minced onion

Mix together and serve on hamburgers.

CHEF'S DRESSING

Mary Alice Hobbs

⅓ C. tomato juice
⅓ C. oil
¼ C. vinegar
¼ tsp. pepper
¼ tsp. oregano
¼ tsp. soy sauce

Combine all ingredients and shake well.

VARIATION:
Onion and chive dressing: Add 2 tablespoons of finely chopped chives or scallions.

COOKED SALAD DRESSING

Mary Alice Hobbs

2 T. cornstarch
2 T. sugar
1 tsp. dry mustard
½ tsp. salt
⅛ tsp. paprika
½ C. water
1 T. vinegar
¼ C. margarine
⅔ C. skim milk or buttermilk

Mix together cornstarch, sugar, mustard, salt and paprika. Add water and cook over low heat, stirring until thickened. Stir in vinegar. Blend in margarine and gradually add milk. Stir until creamy. Store and use as needed. Vary the flavor by adding poppy or caraway seeds or honey.

DILL DRESSING

Melba Cody Frank

1 C. mayonnaise
1 C. sour cream
2 T. grated onion
2 T. minced parsley
2 tsp. dill weed
2 tsp. Beau Monde or Bon Appetit

Mix together gently and chill.

HOT FUDGE SAUCE

Jo Mahoney

1 C. sugar
2 T. flour or cornstarch
½ tsp. salt
1 C. water
2 oz. (2 sqs.) unsweetened chocolate
2 T. butter
1 tsp. vanilla

Combine sugar, flour and salt in a saucepan, blend in water. Add chocolate over medium heat, stirring constantly until mixture boils. Remove from heat and blend in the butter and vanilla. Serve hot over ice cream. Nuts are optional.

HOT FUDGE TOPPING

Helen Wells

½ C. granulated sugar	½ C. packed brown sugar
3 T. cocoa	2 T. flour
Dash salt	⅔ C. milk
2 T. light corn syrup	1 T. margarine
½ tsp. vanilla	

In 4-cup measure, combine sugars, cocoa, flour and salt. Stir in milk and syrup, then margarine. Microwave at HIGH 2 to 4 minutes, or until mixture boils; stir well. Microwave 2 to 5 minutes, or until desired thickness and a rich chocolate color, stirring every 1½ minutes. Stir in vanilla. Serve hot or at room temperature.

"HOT" HOT SAUCE

Linda S. Heller

2 cans peeled tomatoes	¼ tsp. garlic or 2 sections fresh garlic
7 fresh jalapeno peppers	Pinch salt
1 med. onion	

Drain a little of liquid from each can of tomatoes. Pour remaining liquid plus tomatoes in a blender. Quarter onion and put in blender. Cut top from peppers and put in blender. Add garlic and salt. Blend in blender together until all is mixed. Just a few seconds. Pour sauce in jars. Cover with lid. Store in icebox. Will last about 2 weeks. Serve on meats, eggs, casserole, tacos, chips, nachos, etc.

OIL FREE DILL DRESSING

Mary Alice Hobbs

⅔ C. water	1 tsp. sugar
¼ C. white wine vinegar	¼ tsp. garlic powder
3 T. fruit pectin	¼ tsp. dry mustard
1 T. snipped fresh dill OR 1 tsp. dried dill weed	⅛ tsp. pepper

In a screw top jar, combine all ingredients. Cover; shake. Chill up to 3 days. Shake before serving. Makes 1¼ cups.

OYSTER CORN BREAD DRESSING

Norma Warn

6 C. corn bread, crumbled
5 C. soft bread crumbs
1½ tsp. salt
½ tsp. pepper
1½ tsp. poultry seasoning
1 C. chopped celery
½ C. chopped onion
½ C. oleo
1 C. oysters, drained
2 eggs, beaten

Put together liquid from oysters plus enough milk to make 1¼ cups. Combine crumbs and seasonings. Lightly brown celery and onion in oleo, stir in oysters. Add to crumbs mix, mixing lightly. Gradually add eggs, then oyster liquid and milk. Stuff bird lightly or bake in covered dish at 325° for 50 to 60 minutes.

PINEAPPLE DRESSING

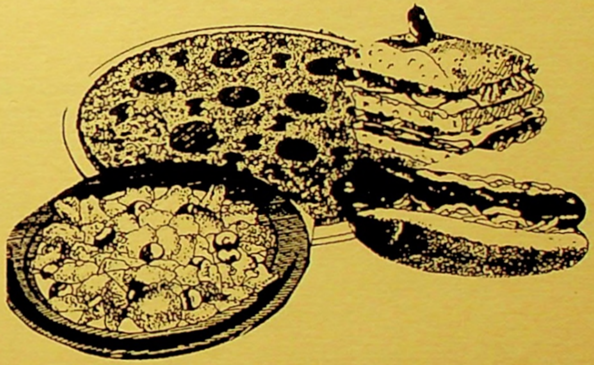
Ruby Houston

⅓ C. sugar
4 tsp. cornstarch
¼ tsp. salt
1 C. unsweetened pineapple juice
¼ C. orange juice
2½ T. lemon juice
2 well beaten eggs
2-3 oz. pkgs. cream cheese

Mix sugar, cornstarch and salt. Stir in fruit juices. Cook in double boiler for 20 minutes, stirring constantly. Slowly stir into eggs. Return to double boiler and cook 5 minutes, stirring constantly. Cool slightly. Soften cream cheese; beat in cooked mixture. Chill. Makes 2 cups.

Notes

MISCELLANEOUS



BAKED OR BROILED POTATO TOPPING

Karyl White

FOR PARSLEY BUTTER: 3 tablespoons butter, 1 tablespoon chopped parsley, ⅛ teaspoon pepper, 1 tablespoon lemon juice, ½ teaspoon salt. Beat the butter until soft and creamy. Add all ingredients.

AVOCADO HERB BUTTER: 1 avocado, pureed in blender, 1 pound unsalted butter (softened), ½ teaspoon dried tarragon, ½ teaspoon oregano, 2 tablespoons chopped parsley, 2 tablespoons lemon juice. Whip together all ingredients until fluffy. Makes about 4 cups and is great on baked potatoes.

TOMATO AND HERB BUTTER: 2 tablespoons fresh parsley leaves, 4 shallots, 1 small garlic clove, 4 large tomatoes (peeled), 3 tablespoons tomato paste, 2 teaspoons sugar, 1 teaspoon dry mustard, 1 teaspoon sweet basil, 1 teaspoon oregano, 1½ teaspoons salt, 1 stick unsalted butter, 3 tablespoons fresh chives. Mince parsley, shallots and garlic in blender or food processor. Add tomatoes and chop coarsely. Transfer the mixture to a saucepan and add tomato paste and all the spices. Cook 8 to 10 minutes, or until the liquid has evaporated. Bring to a boil and stir in butter, 2 tablespoons at a time, until all is used. Do not let the sauce boil while adding butter. Transfer to a serving dish and sprinkle with additional parsley and chives. Serve over boiled or baked potatoes.

NOTE: The above are also good served over most vegetables.

BARELY NUTS

Merla Cunday

1 lb. raw peanuts
½ C. water
1 C. sugar
Salt

Cook in cast iron skillet until water is gone. The peanuts will be coated with sugar crystals. Salt lightly. Pour onto a cookie sheet. Bake at 300° for 30 minutes or less. Cool. Great snacking! But you barely ever get a second taste. They are gone!

BEEF SANDWICH FILLING

Paula Hobbs

1 C. cooked beef
3 med. sweet pickles
¼ tsp. Worcestershire sauce
¼ tsp. salt
¼ C. mayonnaise
1 tsp. sweet pickle juice
Dash pepper

Put meat and pickles through grinder. Mix with remaining ingredients. Chill and spread on bread.

BOB AND ANN'S RHUBARB JAM

Bob and Ann Mummey

4 C. rhubarb, chopped
1 sm. can crushed pineapple
4 C. sugar
1 lg. pkg. any fruit gelatin

Cook rhubarb and sugar together for 12 minutes, stirring constantly. Add crushed pineapple (juice and all). Cook 3 minutes more. Add gelatin, stirring until dissolved. Pour into glasses.

BOLOGNA LONG JOHNS (SANDWICHES)

Mrs. Howard Park

1 lb. (2 C.) ground bologna
¼ C. prepared mustard
¾ lb. American cheese, ground (about ¾ cup)
⅔ C. salad dressing
1 T. grated onion
3 T. chopped sweet pickle
12 coney buns, split and buttered

Combine the 6 ingredients. Spread on buns. Wrap in foil. Heat in moderate oven (350°) for 25 minutes. Filled buns may be wrapped in foil, sealed and stored in freezer. When ready to use, heat in 400° oven for 30 minutes.

CAJUN SNACK MIX

Loyd Bailie

¼ C. (½ stick) margarine
1 T. parsley flakes
1 tsp. celery salt
1 tsp. garlic powder
½ tsp. cayenne pepper
4 to 8 drops hot pepper sauce
2⅔ C. Corn Chex cereal
2⅔ C. Rice Chex cereal
2⅔ C. Wheat Chex cereal
1 C. slivered almonds

Combine cereal and nuts. Melt butter and hot sauce. Mix well and pour over cereal. Mix spices, sprinkle over mixture. Mix well. Toast in very slow oven (250°) for 1 hour, stirring every 15 minutes.

CARAMEL CORN

Wilma Sturgeon

7 qts. popped corn
1 C. butter
2 C. brown sugar
½ C. white syrup

Boil above ingredients and add ½ teaspoon soda and 1 teaspoon vanilla. Pour over corn and stir, put in oven at 225° for 1 hour, stir occasionally.

CARAMEL CORN

Opal Frisbie

2 C. light brown sugar
2 sticks oleo
½ C. white syrup
¼ tsp. salt
5 qts. popcorn
¼ tsp. soda
⅛ tsp. cream of tartar

Mix and bring to boil. Boil 5 minutes, remove from stove and add soda and cream of tartar. Pour over popcorn; mix well. Spread on lightly buttered large cookie sheet. Bake 1 hour at 200°. Remove from sheet and break into pieces.

CARAMEL CORN

Charlene Gardner

8 qts. popped corn
2 C. brown sugar
1½ C. white sugar
2 sticks margarine

Boil all except corn for 5 minutes.

ADD:
½ tsp. soda
¼ tsp. cream of tartar
½ tsp. salt
1 tsp. vanilla

Pour over popped corn. Put in oven at 200° for 1 hour. Stir 3 or 4 times in the 1 hour.

GRANDMA RAUCH'S CARAMEL CORN

Mary Ellen Hobbs

1 stick butter or margarine
2 C. brown sugar
½ C. corn syrup (light or dark)
½ tsp. salt
1 tsp. vanilla
½ tsp. soda
6 or 7 qts. popped corn

Melt butter or margarine, add sugar, salt, syrup and vanilla. Bring to boil, stirring constantly. Remove from heat. Add soda; mix well. Pour over popped corn that has been place in a 2x13x9" pan. Mix well and bake at 250° for 45 minutes. Stir every 15 minutes. Remove from oven, cool and store in a tightly covered container. This will not get sticky.

CARAMEL CORN - MICROWAVE

Sharon Colle

4 qts. popped corn, unsalted
 and put in large grocery bag
1 C. brown sugar
1 stick oleo
¼ C. light corn syrup
½ tsp. salt
½ tsp. soda

Combine in 2-quart bowl, brown sugar, oleo, corn syrup and salt. Cook of full power until it boils. Boil 2 minutes. Take out of microwave, and add soda and stir. Pour syrup over corn in bag. Close bag and cook on high 1½ minutes. Remove from microwave and shake well. Cook on high another 1½ minutes. Remove from microwave. Shake again. Cook another 45 seconds more on high. Remove from microwave and pour onto waxed paper or cookie sheet to cool.

CHICKEN SPREAD

Cindy Hobbs

1-5½ oz. can boned, cooked chicken
¼ C. green pepper
1 whole pimento
1 celery stalk
½ tsp. salt
½ C. Miracle Whip

Chop green pepper, pimento and celery with meat grinder. Mix all ingredients well and chill and spread on bread.

CINNAMON CORN

Wilma Sturgeon

½ C. water
½ C. white syrup
1 C. sugar
½ C. butter
1 tsp. vanilla
1 tsp. cinnamon oil
A few drops of red coloring
Popped corn

Boil first 3 ingredients to soft ball. Add butter and vanilla, cinnamon oil and coloring. Cook until hard ball, pour over popped corn. Wet hands to make balls.

CORNMEAL AND HAM PANCAKE

LaVergne Wilken

⅓ C. oil
⅓ C. sugar
1 egg
1½ C. milk
1 C. flour
½ tsp. salt
4 tsp. black pepper
1 C. cornmeal
Chopped or ground ham or Brown and
 Serve sausages

Cream shortening and sugar together. Add 1 beaten egg. Sift dry ingredients together and add to creamed egg, sugar and oil alternately with the milk. Use a metal measuring cup to make only 1 pancake at a time.

CUCUMBER RELISH

Mrs. Howard Park

2 qts. cucumber, ground
2 T. salt
1 qt. onions, ground
½ T. salt
3 C. sugar
1 tsp. turmeric
¾ tsp. celery seed
1 T. mustard seed
3 C. vinegar
½ tsp. ground cloves

Mix ground cucumbers with the 2 tablespoons salt. Mix ground onions with the half tablespoon salt. Let both stand for 2 hours; then combine and drain in colander. Press out all juice possible. Mix sugar with remaining ingredients and bring to a rolling boil. Add drained cucumbers and onions. Heat over low heat, while stirring, 7 to 10 minutes. Do not boil. Pour into sterilized jars and seal.

DELICIOUS PANCAKES

Mrs. Joyce McKee

1 egg
1 C. flour
1 C. buttermilk
¼ tsp. salt
½ tsp. soda
1 T. butter

Beat egg well. Add 1 cup buttermilk, ½ teaspoon salt, 1 tablespoon melted butter. Add ½ teaspoon soda to flour. Add to buttermilk mixture. Heat griddle and when 1 drop of water skips across, it's ready to cook pancakes. Makes 2 servings.

DILL HOT TOMATOES

Wanda Fountain

Green tomatoes
Hot red dried peppers
Garlic pods
Heads of fresh dill or dill seeds
Jalapeno peppers

BRINE:
2 qts. water
1 qt. Heinz cider vinegar
1 C. salt

Into each jar of green tomatoes (either cherry tomatoes or quartered tomatoes), add 2 hot dried red peppers, 1 garlic pod, 3 heads of fresh dill or 1 tablespoon dill seed, 1 jalapeno pepper. Fill jars with hot brine, seal and turn upside down until cold. Let stand at least 6 weeks before using.

EGG BEATERS

Louise Sherbert

3 egg whites
¼ C. skimmed milk
1 T. dry milk
1 tsp. corn oil
Yellow food coloring (1 drop)

Beat egg whites lightly. Add rest of ingredients and whip until blended. Equal to 2 whole eggs or ½ cup Egg Beaters. 62 calories.

ELEPHANT STEW

Sharon Colle

1 med. sized elephant
Salt
Pepper
2 rabbits (optional)

Cut the elephant in small, bite size pieces. This will take about 3 months. Add enough gravy to cover. Cook over campfire for about 4 weeks at 465°. This will serve 3,800 people. If more are expected, 2 rabbits may be added, but do this only in an emergency. Most people do not like hare in their stew!

FROZEN BANANAS

Mary Alice Hobbs

2 bananas, cut in half
2 T. peanut butter
Approximately ½ C. evaporated milk
Chopped nuts or crunch bran cereal

Place banana halves on sticks, if desired. Mix peanut butter with evaporated skim milk until it is the consistency of egg whites. Roll bananas in peanut butter mixture. Then roll in nuts and/or cereal. Place in freezer until frozen.

FROZEN CORN

Louise Sherbert

4 qts. corn
1 C. sugar
4 tsp. salt
1 qt. water

Cut corn from cob. Boil corn, sugar, salt and water for 5 minutes. Place pan in sink of cold water to cool. Pack in freezer containers. Cover with brine. Freeze. To serve, heat and add butter to seasoned brine.

GREEN TOMATO RELISH

Martha Culver
Hattie I. Horton

10 C. coarse ground tomatoes

Soak in 6 tablespoons salt and water to cover (4 to 5 hours or overnight). Drain well and squeeze out moisture.

4 C. each ground onions, celery and apples
2 C. each red and green peppers and sweet pickles
6½ C. sugar
1 qt. vinegar
1 C. water

Bring sugar and vinegar to a boil. Add other ingredients and boil 25 to 30 minutes or until it changes color. Squeeze moisture out of onions and celery and peppers before adding. Can add more or less vinegar, according to taste and can add spices if wanted.

GREEN TOMATO PICKLES

Inez Gregg (Mrs. Aldo Gregg)

12 juicy apples
6 green tomatoes
4 onions
2 green peppers
1 C. raisins
2 T. celery seed
1 C. brown sugar
1 C. white sugar
1 pt. vinegar
1 pt. water
2 T. (scant) salt
2 T. mustard seed

Chop the apples, tomatoes, onions, peppers, then add remaining ingredients. Cook until the apples are transparent. Ladle the jars and seal while hot.

HERB MIXTURE

JoAnn Lamb

½ tsp. cayenne pepper
1 T. garlic powder
1 tsp. basil
1 tsp. thyme
1 tsp. parsley
1 tsp. mace
1 tsp. onion powder
1 tsp. black pepper
1 tsp. sage
1 tsp. savory

Combine all ingredients in blender and blend at high speed for 2 minutes. Store in a cool dry place.

HOMEMADE NOODLES

Hattie I. Horton

1 C. flour
1 egg
½ tsp. salt
¼ tsp. oleo
¼ tsp. baking powder
2½ T. milk
Yellow food coloring

In a mixing bowl, place flour and make a well. Drop remaining ingredients into well and a drop or two of food coloring. Mix with fork, then fingers until it forms a very stiff dough. Roll on floured surface until very thin. Let stand for 30 minutes. Cut as you desire. Let dry for 2 hours before cooking.

HOMEMADE POTATO CHIPS

Tricia McAllister

8 lg. potatoes, peeled
Ice water
Peanut oil for deep frying
Salt to taste

Slice potatoes very thin with a vegetable peeler, knife or food processor slicing disk. Soak potato slices in ice water for 2 hours. Heat oil in a deep fat fryer to 380°. Drain potato slices and pat dry with paper towels. Fry potatoes in deep fat, shaking or stirring several times to keep slices from sticking together. Remove and drain when golden brown. Sprinkle with salt, if desired. Cool and store in airtight container.

HOT DILL PICKLES

Merla Cunday

20 to 25 cucumbers
1 clove garlic (per quart jar)
Dill
1 C. pickling salt
⅛ tsp. alum (per quart jar)
1 red hot pepper (per quart jar)
1 qt. vinegar
3 qts. waters

Place the alum, garlic, pepper in each jar. Pack in pickles and dill stalks and heads. Bring vinegar, salt, water to a boil. Pour over pickles to top of jar. Seal jar. Process jars in water bath for 20 minutes. Best if wait 3 months before eating.

HUSH PUPPIES

Ann Mummey (Mrs. Bob Mummey)

1½ C. white cornmeal
1 tsp. baking powder
1 tsp. salt
½ C. crumbled bacon
1 beaten egg
½ C. flour
¼ tsp. baking soda
½ C. chopped onion
¾ C. buttermilk or sour milk

Mix all together and let stand 30 minutes. Fry in deep fat and drain.

JERKY

Don Rutherford

3 lbs meat (beef, deer, elk, etc.)

MARINADE:
½ tsp. seasoned salt
½ tsp. garlic powder
1 tsp. Accent or MSG
2 T. liquid smoke
¼ C. soy sauce
¼ C. Worcestershire sauce
1 tsp. onion powder
¼ tsp. pepper
1½ to 2 C. water

Cut meat into strips. Place meat in marinating sauce and refrigerate overnight (cover). Place the marinated strips of meat on the rack of a dehydrator and dry until "chewy" (low setting) or place the marinated strips of meat on oven rack, set oven on lowest temperature, crack oven door and dry meat from 8 to 24 hours, or until "chewy".

METHODIST APPLE BUTTER

Louise Sherbert

16 C. apples, pulp
1 C. vinegar
8 C. sugar
4 tsp. cinnamon
2 T. red hots

Combine all ingredients in heavy saucepan. Cook down until it "plop-plops" off spoon when held straight up and down, at least 1½ hours. Put in small jars, seal and process in hot water bath for 20 minutes.

MOCK SOUR CREAM

Mary Alice Hobbs

2 T. skim milk
1 T. lemon juice
1 C. low-fat cottage cheese
¼ tsp. salt

Place all ingredients in a blender and mix on medium-high speed until smooth and creamy. Use as a sour cream substitute. This sauce may be added to hot dishes at the last moment. Or serve it cold with the addition of flavoring or herbs, as a dressing or a sauce for a mousse.

MOCK SOUR CREAM

Tricia McAllister

In a blender, whip cottage cheese and a little lemon juice together until smooth. Add salt, pepper and chives to taste. Only 10 to 15 calories per tablespoon.

OATMEAL PANCAKES

Louise Sherbert

1 C. buttermilk or sour milk
1 egg, beaten
½ tsp. baking powder
1 T. brown sugar
1 T. melted butter
1 C. quick oats
¼ tsp. salt
½ tsp. baking soda
¼ C. flour

Combine oats and milk in bowl. Cover. Refrigerate overnight. Next morning, add remaining ingredients; mix well. Bake on hot griddle. Serve with jelly or syrup.

NOTE: To sour milk, add 1 teaspoon lemon juice or vinegar. I use the powdered buttermilk.

OVEN DRIED BEEF JERKY

Charlene Koch's Recipe
submitted by Mary Ellen Hobbs

4 lbs. lean, boneless meat (1 lb. jerky, use a brisket)

Slice meat across grain, about 3/16" thick. Place meat strips in single layers, both sides marinated. (See following recipes.) Use a tightly covered glass container. Smell will penetrate everything in refrigerator. Marinate for 6 to 12 hours. Stir occasionally to be sure each piece is covered. Set oven to bake at 140 to 160°. Place aluminum foil or baking sheet under drying meat to catch drippings. Place meat on broiler pan, drying rack or lay strips over oven grates. After 3 to 4 hours, lower heat to 130° for another 4 hours or until meat is done. Cool a piece of jerky and test for doneness, when bent. Let jerky cool completely before storing. If humidity is low, store in container with loose fitting lid. If high, store in airtight container. Good air circulation keeps flavor fresh. Takes about 4 pounds of meat to fill 2 oven racks. Lowest temperature on most ovens is 150°, so set it on warm and keep it there for about 9 hours. Open oven door a crack while cooking.

GREAT JERKY (1 pound lean meat):
¾ tsp. salt
¼ tsp. pepper
1 T. brown sugar
1 garlic clove, crushed
2 T. soy sauce
1 T. Worcestershire sauce

TERIKAKI JERKY (1 pound lean meat):
½ tsp. salt
¼ tsp. pepper
½ tsp. onion powder
1 garlic clove, crushed
3 T. brown sugar
1 T. soy sauce
½ C. red wine vinegar
¼ C. pineapple juice

BAR-B-Q JERKY (1 pound lean meat):
1 tsp. salt
1 tsp. pepper
1 tsp. garlic powder
⅛ tsp. cayenne powder
1 tsp. onion powder
1 tsp. dry mustard
3 T. brown sugar
½ C. red wine vinegar
½ C. ketchup

HOUSE JERKY (1 pound lean meat):
1 T. Worcestershire sauce
2 T. soy sauce
½ tsp. seasoned salt
1 T. liquid smoke
1 tsp. garlic powder
½ tsp. onion powder

FRONTIER JERKY (1 pound lean meat):
1 tsp. salt
1 tsp. pepper
1 tsp. garlic powder
2 T. Worcestershire sauce
2 T. liquid smoke

PICKLED EGGS

Louise Sherbert

12 hard cooked eggs	1 clove garlic, crushed
4 C. water	1 bay leaf
1 C. beet juice	2 tsp. pickling spice
1 C. vinegar	½ tsp. salt
1 sm. onion, sliced	

Peel eggs. Place loosely in jar. Combine remaining ingredients in saucepan over low heat. Pour over eggs. Seal jars. Refrigerate 2 days. Will keep in refrigerator up to 2 weeks.

POTATO PEEL CRISPS

Amy White

Skins from cooked or uncooked scrubbed potatoes, patted dry, cut into strips	Oil for deep frying

Fry the skins in small handfuls in 2" of oil at 280°. Fry until crisp. Cooked skins fry in 1 or 2 minutes and uncooked skins in 2 to 3 minutes. Transfer the crisps to paper towels to drain and sprinkle them with salt. The skins may be baked in a 450° oven if they are dotted with butter and put in a buttered baking dish. Baked skins cook in the oven in 5 to 8 minutes and uncooked skins bake in 15 to 20 minutes. Serve as hors d'oeuves with sour cream or dip.

PUMPERNICKEL SPREAD

Janeil Klassen

1 lb. sausauge	1 lb. jalapeno cheese
1 lb. hamburger	

Saute sausage and hamburger together in large skillet. When well cooked, drain off fat and add cheese. Stir over a low heat until just melted. Spread on thin slices of party rye. Put on baking sheet and slip under broiler until bubbly and crispy around edges. Enough for 72 tiny slices.

PUPPY CHOW

Brenda Frisbie

1 stick margarine	12 oz. box Crispix
1 C. peanut butter	1 lb. powdered sugar
1-12 oz. pkg. chocolate chips	

Heat in double boiler, pour over cereal. Stir until coated. Put 1 pound powdered sugar in grocery sack (always put powdered sugar in first), then dump in cereal and shake good until coated with powdered sugar. Store in airtight container.

QUICK CRANBERRY JELLY

Myrtle Gould

5 C. cranberry juice cocktail	Box of fruit pectin
6 C. sugar	

In a 6-quart saucepan combine juice and pectin. Cook until the mixture boils, then stir in sugar. Boil hard for 1 minute, stirring constantly. Remove from heat and skim foam from the top. Pour into sterilized jelly jars. (I boil mine for 2 minutes.)

QUICK PICKLES

Louise Sherbert
Goldie Hoths

3 C. cucumbers, unpeeled, sliced thin	1 C. celery, chopped
1 C. sliced red pepper	1 tsp. mustard seed
1 C. sliced green pepper	2 T. salt
2 C. sliced carrots (frozen best)	8 C. ice cubes
1 head cauliflower, separated	3 C. vinegar
1 tsp. celery salt	1 C. sugar
1 clove garlic, chopped	½ tsp. turmeric

Prepare all vegetables. Add salt, 8 cups ice cubes. Cover. Let set for 4 hours; drain. Heat 3 cups vinegar, 1½ cups sugar and spices (I added pickling spice also). Pack in jars and cover with hot liquid. Seal and store in refrigerator.

RICE CUSTARD

Stacy Skellenger

2 well beaten eggs	1 C. raisins
½ C. sugar	1 tsp. vanilla
¼ tsp. salt	Dash cinnamon
2 C. scalded milk	Dash nutmeg
1¼ C. cooked rice	

Combine eggs, sugar and salt. Gradually add milk. Add rice, raisins, vanilla, cinnamon and nutmeg. Pour into a greased casserole dish. Sit in a pan of hot water 1" deep. Bake in a slow oven at 325° for 1½ hours.

ROASTED PUMPKIN SEEDS

Wanda Fountain

All the seeds from a pumpkin	1 tsp. Worcestershire sauce
2 T. magarine	½ tsp. salt

Preheat oven to 250°. Wash seeds and let them drain for a few minutes. Spread seeds in shallow baking pan. Melt margarine, add Worcestershire sauce and salt; mixing well. Pour mixture over seeds. Bake for 1 hour, stirring constantly.

ROLLED BUTTERMILK DUMPLINGS

Hattie I. Horton

1 C. flour
1½ tsp. baking powder
¼ tsp. soda
¼ tsp. salt
½ C. buttermilk

Sift flour, baking powder, soda and salt. Add buttermilk and mix with fork. Turn out on floured board and knead lightly 3 or 4 times. Roll out to ¼" thick. Cut in small squares and sprinkle with pepper. Cook in broth 10 to 12 minutes. Do not cover.

SALTLESS SALT

JoAnn Lamb

1 tsp. garlic powder
1 tsp. onion powder
1 tsp. sweet paprika
1 tsp. white pepper
1 tsp. dry mustard
½ tsp. ground thyme
½ tsp. ground celery seed

Mix all ingredients and blend at high speed on blender for 2 minutes. Store in cool, dry place.

SCRAPLE

Jim Warn

5 lbs. pork scraps (such as boney meat, liver, kidney and heart)
3 C. cornmeal
1 gal. water
Fresh ground pepper, sage, thyme and salt to taste

Boil liver, kidney and heart in salted water until tender. Remove from pot and cut in small pieces. Mix with other meat and return to water. Boil until meat shreds when tested with fork. There should now be 3 quarts of broth. Remove any bones. Then slowly add cornmeal to pot, stirring constantly until it starts to thicken. Continue cooking until thick and mushy. Add all the seasonings. Pour on greased loaf pans and allow to cool. To cook, slice in about ½" slabs. Coat in flour and fry in butter or oleo until brown.

SLIM GOURMET OVEN FRENCH FRIES

Karyl White

2 potatoes
Non-stick baking pan
1 T. salad oil
Salt, pepper, paprika

Peel potatoes and cut into thick strips. Soak in a bowl of ice cubes and cold water for 20 minutes. Meanwhile, preheat oven to 450°. Drain potatoes and blot to dry. Toss lightly with salad oil to coat evenly. Spread in a single layer in a shallow non-stick baking pan. (Can use cooking spray to prevent sticking.) Bake 30 minutes or longer, until tender, turning frequently. Sprinkle with topping of your choice. Makes 4 servings (about 100 calories for each serving).

SNACK CHOW MIX

Paula Hobbs

½ C. margarine	1 box Crispix cereal
1 C. peanut butter	3 C. powdered sugar
12 oz. chocolate chips	

Melt margarine, peanut butter and chocolate chips over low heat or in microwave. Pour over Crispix and mix together. Put approximately 2½ to 3 cups of powdered sugar in a large paper sack. Add cereal mixture and shake together until well mixed. Pour on cookie sheet to dry. Store in an airtight container.

SUMMER SAUSAGE

Cindy Hobbs

2 lbs. hamburger	1½ tsp. pepper
1 C. water	2 tsp. mustard
2 T. Tender Quick	¼ tsp. onion salt
1 T. liquid smoke	¼ tsp. garlic salt

Mix together and shape in small loaves. Let set 24 hours. Bake at 350° for about 1 hour.

SUMMER SAUSAGE

Linda S. Heller

2 lbs. ground beef	¼ tsp. mustard seed
1 C. water	2 T. liquid smoke
¼ tsp. garlic powder	3 T. Morton's Tender Quick salt

Combine and mix well. Divide into 2 portions. Wrap each in foil. Poke holes in bottom of each foil roll with a toothpick. Place in oblong pan. Bake in oven at 325° for 2 hours. Turn, roll over at 1 hour of cooking. When done, remove from pan and drain out liquid from rolls. Wrap again in foil. Refrigerate or freeze. Will keep a month in freezer. Good with chips, crackers or cheese.

SWEETENED CONDENSED MILK

LaVergne Wilken

½ C. cold water	¾ C. sugar
1¼ C. dry milk powder	

Measure ½ cup cold water into 2-cup glass measuring cup. Gradually stir in the 1¼ cups non-fat dry milk powder until smooth. Microwave on HIGH for ¾ to 1 minute. Just until steaming hot, do not boil. Stir in ¾ cup sugar until dissolved. Allow to cool before using. Use as a substitute in recipes for 1 can (14 ounces) sweetened condensed milk.

WESTERN OMELET

Breck A. Heller

6 eggs
6 T. milk
Pinch salt
Dash pepper
3 T. butter or margarine
1 C. diced ham
½ C. diced onion
½ C. diced tomatoes
½ C. green pepper, diced
1 C. grated cheese

Beat together eggs, milk, salt and pepper. Heat skillet just enough to sizzle a drop of water. Melt butter in skillet. Pour egg mixture into skillet. Reduce heat. As edges of omelet begin to thicken, with a fork, poke holes in egg surface to allow mixture to flow to bottom of pan. While cooking this, heat in a another pan all other ingredients. Do not let stick. When eggs no longer flow, turn up heat to brown bottom of egg, if necessary. Pour in other ingredients on top. Fold omelet over. Serve. Makes 4 servings.

WHOLE EGG SUBSTITUTE

Mary Alice Hobbs

1 egg white
2¼ tsp. non-fat dry milk powder
2 tsp. safflower oil (or other vegetable oil)

Combine all ingredients in a blender; whirl. This recipe may be multiplied and stored 1 week in the refrigerator or it may be frozen. In most recipes, 2 egg whites can be substituted for 1 whole egg. If desired, 1 to 3 teaspoons of vegetable oil can be added for every yolk omitted. In an omelet calling for 6 eggs, try using 3 whole eggs and from 3 to 6 egg whites. Use drop or two of yellow food coloring when color is important.

FINGER PAINT

Louise Sherbert

MIX:
1 C. soap flakes
1 C. starch
½ C. talcum powder
1 C. cold water

Stir this into 7 cups of boiling water. Cook until thick, about 5 minutes. Cool in covered dish. Add coloring.

HOMEMADE MODELING CLAY

Louise Sherbert

MIX:
1 C. flour
½ C. salt
3 tsp. alum
¼ C. water
Food coloring

Knead materials together. Wrap in waxed paper and place in coffee can. A little water may be kneaded into mixture if it becomes too dry.

OLD FASHIONED SCHOOL PASTE

Dorris Pate
Submitted by Norma Warn

1 C. sugar	1 qt. water
1 C. flour	30 drop oil of cloves
1 T. alum	

Mix in double boiler and cook until thick. Add cloves. Makes 1 quart.

PAPIER MACHE PASTE

Louise Sherbert

FOR STRIPS:

1 C. flour	Oil of cloves
4 C. cold water	

Mix flour and water well. Let stand until flour is dissolved, about 20 minutes. Cook over low heat until transparent. Stir constantly. Remove from fire and place in covered jar. Add a few drops of oil of cloves. Paste may be kept in refrigerator several days. Cover a bowl with vaseline. Dip strips of paper in paste and lay crisscross several times. Let dry, sandpaper and paint.

PLAY CLAY MIX

Louise Sherbert

BRING TO BOIL:

1 C. water	2 C. salt

Thin 1 cup cornstarch with cold water until it is consistency of gravy thickening. Add it to the boiling mixture, stirring and cooking until it is thick. Turn out onto waxed paper. Cool and color with a few drops of food coloring. Knead until it is workable consistency. Store in a plastic bag in the refrigerator.

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HOUSEHOLD HINTS

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I. THE KITCHEN

GENERAL

Salt

1. *If stew is too salty, add raw cut potatoes and discard once they have cooked and absorbed the salt. Another remedy is to add a teaspoon each of cider vinegar and sugar. Or, simply add sugar.*

2. *If soup or stew is too sweet, add salt. For a main dish or vegetable, add a teaspoon of cider vinegar.*

Gravy

3. *For pale gravy, color with a few drops of Kitchen Bouquet. Or to avoid the problem in the first place, brown the flour well before adding the liquid. This also helps prevent lumpy gravy.*

4. *To make gravy smooth, keep a jar with a mixture of equal parts of flour and cornstarch. Put 3 or 4 tablespoons of this mixture in another jar and add some water. Shake, and in a few minutes you will have a smooth paste for gravy.*

5. *To remedy greasy gravy, add a small amount of baking soda.*

6. *For quick thickener for gravies, add some instant potatoes to your gravy and it will thicken beautifully.*

Vegetables

7. *If fresh vegetables are wilted or blemished, pick off the brown edges. Sprinkle with cool water, wrap in towel and refrigerate for an hour or so.*

8. *Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.*

9. *Lettuce and celery will crisp up fast if you place it in a pan of cold water and add a few sliced potatoes.*

10. *If vegetables are overdone, put the pot in a pan of cold water. Let it stand from 15 minutes to ½ hour without scraping pan.*

11. *By lining the crisper section of your refrigerator with newspaper and wrapping vegetables with it, moisture will be absorbed and your vegetables will stay fresher longer.*

12. *Store leftover corn, peas, green beans, carrots, celery, potatoes and onions in a container in the freezer. Add to other ingredients when making stew.*

13. *To keep the flavor in the vegetables, add a small amount of sugar to the water after cooking carrots, peas, beets, and corn.*

14. *Onions, broccoli and Brussels sprouts will cook faster if you make an X-shaped cut at the base of the vegetable.*

Eggs

15. *If you shake the egg and you hear a rattle, you can be sure it's stale. A really fresh egg will float and a stale one will sink.*

16. *If you are making deviled eggs and want to slice it perfectly, dip the knife in water first. The slice will be smooth with no yolk sticking to the knife.*

17. *The white of an egg is easiest to beat when it's at room temperature. So leave it out of the refrigerator about a half an hour before using it.*

18. *To make light and fluffy scrambled eggs, add a little water while beating the eggs.*

19. *Add vinegar to the water while boiling eggs. Vinegar helps to seal the egg, since it acts on the calcium in the shell.*

20. *STORING EGGS: 1. Place your eggs in those tight-sealing egg containers and they will last longer in the refrigerator. You really shouldn't keep eggs longer than 11 days. 2. Cover them with oil on the top in a sealed container in the refrigerator. 3. For long term storage: If there's a special on eggs at your local supermarket, you can take advantage of it. Just crack all the eggs open and put them in the freezer unit. To use one egg at a time, put single eggs in the ice tray. When frozen, put the egg cubes in a sealed plastic bag. You can take out the cubes one at a time for daily use. If you use eggs in twos or threes, freeze them that way in a plastic sack.*

21. *To make quick-diced eggs, take your potato masher and go to work on a boiled egg.*

22. *If you wrap each egg in aluminum foil before boiling it, the shell won't crack when it's boiling.*

23. *To make those eggs go further when making scrambled eggs for a crowd, add a pinch of baking powder and 2 teaspoons of water per egg.*

24. *A great trick for peeling eggs the easy way. When they are finished boiling, turn off the heat and just let them sit in the pan with the lid on for about five minutes. Steam will build up under the shell and they will just fall away.*

25. *Or, quickly rinse hot hard-boiled eggs in cold water, and the shells will be easier to remove.*

26. *When you have saved a lot of egg yolks from previous recipes, use them in place of whole eggs for baking or thickening. Just add 2 yolks for every whole egg.*
27. *Fresh or hard-boiled? Spin the egg. If it wobbles, it is raw - if it spins easily, it's hard boiled.*
28. *Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.*
29. *Add one tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.*
30. *Try adding eggshells to coffee after it has perked, for a better flavor.*
31. *Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny.*
32. *Pierce the end of an egg with a pin, and it will not break when placed in boiling water.*
33. *Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).*
34. *A small funnel is handy for separating egg whites from yolks. Open the egg over the funnel and the white will run through and the yolk will remain.*
35. *For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.*
36. *Brown and white shells are the same quality.*
37. *Egg whites can be kept up to 1 year. Add them to a plastic container as you "collect them" for use in meringues, angel food cake. . .1 cup equals 7 or 8 egg whites. You can also refreeze defrosted egg whites.*
38. *For fluffier omelets, add a pinch of cornstarch before beating.*

Potatoes

39. *Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.*
40. *To hurry up baked potatoes, boil in salted water for 10 minutes, then place in a very hot oven. Or, cut potatoes in half and place them face down on a baking sheet in the oven to make the baking time shorter.*
41. *When making potato pancakes, add a little sour cream to keep potatoes from discoloring.*
42. *Save some of the water in which the potatoes were boiled - add to some powdered milk and use when mashing. This restores some of the nutrients that were lost in the cooking process.*
43. *Use a couple of tablespoons of cream cheese in place of butter for your potatoes; try using sour cream instead of milk when mashing.*

Onions

44. *To avoid tears when peeling onions, peel them under cold water or refrigerate before chopping.*
45. *For sandwiches to go in lunchboxes, sprinkle with dried onion. They will have turned into crisp pieces by lunchtime.*
46. *Peel and quarter onions. Place one layer deep in a pan and freeze. Quickly pack in bags or containers while frozen. Use as needed, chopping onions while frozen, with a sharp knife.*

Tomatoes

47. *Keep tomatoes in storage with stems pointed downward and they will retain their freshness longer.*
48. *Sunlight doesn't ripen tomatoes. It's the warmth that makes them ripen. So find a warm spot near the stove or dishwasher where they can get a little heat.*
49. *Save the juice from canned tomatoes in ice cube trays. When frozen, store in plastic bags in freezer for cooking use or for tomato drinks.*
50. *To improve the flavor of inexpensive tomato juice, pour a 46-ounce can of it into a refrigerator jar and add one chopped green onion and a cut-up stalk of celery.*

A quick way to whip cream

51. *A pinch of salt added to the cream before whipping strengthens the fat cells and makes them more elastic. This helps the cream stiffen much more quickly.*

Cream that will not whip

52. *Chill cream, bowl and beater well. Set bowl of cream into a bowl of ice water while you're whipping. Add the white of an egg. Chill and then whip. If the cream still does not stiffen, gradually whip in 3 or 4 drops of lemon juice. Cream whipped ahead of time will not separate if you add a touch of unflavored gelatin (¼ teaspoon per cup of cream). To eliminate a lot of mess when whipping cream with an electric beater, try this: Cut 2 holes in the middle of a piece of waxed paper, then slip the stems of the beaters through the holes and attach the beaters to the machine. Simply place paper and beaters over the bowl and whip away.*

Rock-hard brown sugar
53. *Add a slice of soft bread to the package of brown sugar, close the bag tightly, and in a few hours the sugar will be soft again. If you need it in a hurry, simply grate the amount called for with a hand grater. Or, put brown sugar and a cup of water (do not add to the sugar, set it alongside of it) in a covered pan. Place in the oven (low heat) for a while. Or, buy liquid brown sugar.*

Thawing frozen meat
54. *Seal the meat in a plastic bag and place in a bowl of very warm water. Or, put in a bag and let cold water run over it for an hour or so.*

Caked or clogged salt
55. *Tightly wrap a piece of aluminum foil around the salt shaker. This will keep the dampness out of the salt. To prevent clogging, keep 5 to 10 grains of rice inside your shaker.*

Soggy potato chips, cereal and crackers
56. *If potato chips lose their freshness, place under the broiler for a few moments. Care must be taken not to brown them. You can crisp soggy cereal and crackers by putting them on a cookie sheet and heating for a few minutes in the oven.*

Pancake syrup
57. *To make an inexpensive syrup for pancakes, save small amounts of leftover jams and jellies in a jar. Or, fruit-flavored syrup can be made by adding 2 cups sugar to 1 cup of any kind of fruit juice and cooking until it boils.*

Easy topping
58. *A good topping for gingerbread, coffeecake, etc., can easily be made by freezing the syrup from canned fruit and adding 1 tablespoon of butter and 1 tablespoon of lemon juice to 2 cups of syrup. Heat until bubbly, and thicken with 2 tablespoons of flour.*

Tasty cheese sandwiches
59. *Toast cheese sandwiches in a frying pan lightly greased with bacon fat for a delightful new flavor.*

No spattering or sticking
60. *To keep frying food from spattering, invert a metal colander over the pan, allowing steam to escape.*

61. *Always heat the frying pan before adding oil or butter. This will keep things from sticking to the pan.*
62. *Boil vinegar in a brand new frying pan to keep things from sticking to it.*

Hurry-up hamburgers
63. *Poke a hole in the middle of the patties while shaping them. The burgers will cook faster and the holes will disappear when done.*

Shrinkless links
64. *Boil sausage links for about 8 minutes before frying and they will shrink less and not break at all. Or, you can roll them lightly in flour before frying.*

Frozen bread
65. *Put frozen bread loaves in a clean brown paper bag and place for 5 minutes in a 325° oven to thaw completely.*

Removing the corn silk
66. *Dampen a paper towel or terry cloth and brush downward on the cob of corn. Every strand should come off.*

Nuts
67. *To quickly crack open a large amount of nuts, put in a bag and gently hammer until they are cracked open. Then remove nutmeats with a pick.*
68. *If nuts are stale, place them in the oven at 250° F. and leave them there for 5 or 10 minutes. The heat will revive them.*

Preventing boil-overs
69. *Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.*

Softening butter
70. *Soften butter quickly by grating it. Or heat a small pan and place it upside-down over the butter dish for several minutes. Or place in the microwave for a few seconds.*

Measuring sticky liquids
71. *Before measuring honey or syrup, oil the cup with cooking oil and rinse in hot water.*

Scalded milk
72. *Add a bit of sugar (without stirring) to milk to prevent it from scorching.*

73. *Rinse the pan in cold water before scalding milk, and it will be much easier to clean.*

Tenderizing meat
74. *Boiled meat: Add a tablespoon of vinegar to the cooking water.*
75. *Tough meat or game: Make a marinade of equal parts cooking vinegar and heated bouillon. Marinate for 2 hours.*
76. *Steak: Simply rub in a mixture of cooking vinegar and oil. Allow to stand for 2 hours.*
77. *Chicken: To stew an old hen, soak it in vinegar for several hours before cooking. It will taste like a spring chicken.*

Instant white sauce
78. *Blend together 1 cup soft butter and 1 cup flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.*

Unpleasant cooking odors
79. *While cooking vegetables that give off unpleasant odors, simmer a small pan of vinegar on top of the stove. Or, add vinegar to the cooking water. To remove the odor of fish from cooking and serving implements, rinse in vinegar water.*

Don't lose those vitamins
80. *Put vegetables in water after the water boils - not before - to be sure to preserve all the vegetables' vitamins.*

Clean and deodorize your cutting board
81. *Bleach it clean with lemon juice. Take away strong odors like onion with baking soda. Just rub it in.*

Keep the color in beets
82. *If you find that your beets tend to lose color when you boil them, add a little lemon juice.*

No-smell cabbage
83. *Two things to do to keep cabbage smell from filling the kitchen: don't overcook it (keep it crisp) and put half a lemon in the water when you boil it.*

A great energy saver
84. *When you're near the end of the baking time, turn the oven off and keep the door closed. The heat will stay the same long enough to finish baking your cake or pie and you'll save all that energy.*

Grating cheese
85. *Chill the cheese before grating and it will take much less time.*

Special looking pies
86. *Give a unique look to your pies by using pinking shears to cut the dough. Make a pinked lattice crust!*

Removing ham rind
87. *Before placing ham in the roasting pan, slit rind lengthwise on the underside. The rind will peel away as the ham cooks, and can be easily removed.*

Sluggish catsup
88. *Push a drinking straw to the bottom of the bottle and remove. This admits enough air to start the catsup flowing.*

Unmolding gelatin
89. *Rinse the mold pan in cold water and coat with salad oil. The oil will give the gelatin a nice luster and it will easily fall out of the mold.*

Leftover squash
90. *Squash that is left over can be improved by adding some maple syrup before reheated.*

No-spill cupcakes
91. *An ice cream scoop can be used to fill cupcake papers without spilling.*

Slicing cake or torte
92. *Use dental floss to slice evenly and cleanly through a cake or torte - simply stretch a length of the floss taut and press down through the cake.*

Ice cream
93. *Buy bulk quantities of ice cream and pack in small margarine containers. These provide individual servings.*

Canning peaches
94. *Don't bother to remove skins when canning or freezing peaches. They will taste better and be more nutritious with the skin on.*

Angel food cookies
95. *Stale angel food cake can be cut into ½" slices and shaped with cookie cutters to make delicious "cookies". Just toast in the oven for a few minutes.*

How to chop garlic
96. *Chop in a small amount of salt to prevent pieces from sticking to the knife or chopping board. Then pulverize with the tip of the knife.*

Excess fat on soups or stews
97. *Remove fat from stews or soups by refrigerating and eliminating fat as it rises and hardens on the surface. Or add lettuce leaves to the pot - the fat will cling to them. Discard lettuce before serving.*

Broiled meat drippings
98. *Place a piece of bread under the rack on which you are broiling meat. Not only will this absorb the dripping fat, but it will reduce the chance of the fat catching on fire.*

Fake sour cream
99. *To cut down on calories, run cottage cheese through the blender. It can be flavored with chives, extracts, etc., and used in place of mayonnaise.*

Browned butter
100. *Browning brings out the flavor of the butter, so only half as much is needed for seasoning vegetables if it is browned before it is added.*

Cooking dried beans
101. *When cooking dried beans, add salt after cooking; if salt is added at the start, it will slow the cooking process.*

Tasty carrots
102. *Adding sugar and horseradish to cooked carrots improves their flavor.*

Carrot marinade
103. *Marinate carrot sticks in dill pickle juice.*

Clean cukes
104. *A ball of nylon net cleans and smooths cucumbers when making pickles.*

Fresh garlic
105. *Peel garlic and store in a covered jar of vegetable oil. The garlic will stay fresh and the oil will be nicely flavored for salad dressings.*

Leftover waffles
106. *Freeze waffles that are left; they can be reheated in the toaster.*

Fluffy rice
107. *Rice will be fluffier and whiter if you add 1 teaspoon of lemon juice to each quart of water.*

Nutritious rice
108. *Cook rice in liquid saved from cooking vegetables to add flavor and nutrition. A nutty taste can be achieved by adding wheat germ to the rice.*

Perfect noodles
109. *When cooking noodles, bring required amount of water to a boil, add noodles, turn heat off and allow to stand for 20 minutes. This prevents overboiling and the chore of stirring. Noodles won't stick to the pan with this method.*

Easy croutons
110. *Make delicious croutons for soup or salad by saving toast, cutting into cubes, and sauteeing in garlic butter.*

Baked fish
111. *To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.*

Non-sticking bacon
112. *Roll a package of bacon into a tube before opening. This will loosen the slices and keep them from sticking together.*

Tasty hot dogs
113. *Boil hot dogs in sweet pickle juice and a little water for a different taste.*

Golden-brown chicken
114. *For golden-brown fried chicken, roll it in powdered milk instead of flour.*

Double boiler hint
115. *Toss a few marbles in the bottom of a double boiler. When the water boils down, the noise will let you know!*

Flour Puff
116. *Keep a powder puff in your flour container to easily dust your rolling pin or pastry board.*

Jar labels
117. *Attach canning labels to the lids instead of the sides of jelly jars, to prevent the chore of removing the labels when the contents are gone.*

Different meatballs
118. *Try using crushed cornflakes or corn bread instead of bread crumbs in a meatball recipe. Or use onion-flavored potato chips.*

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CLEAN-UP TIPS

Appliances
119. *To rid yellowing from white appliances try this: Mix together: ½ cup bleach, ¼ cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.*
120. *Instead of using commercial waxes, shine with rubbing alcohol.*
121. *For quick clean-ups, rub with equal parts water and household ammonia.*
122. *Or, try club soda. It cleans and polishes at the same time.*

Blender
123. *Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.*

Breadboards
124. *To rid cutting board of onion, garlic or fish smell, cut a lime or lemon in two and rub the surface with the cut side of the fruit.*
125. *Or, make a paste of baking soda and water and apply generously. Rinse.*

Copper pots
126. *Fill a spray bottle with vinegar and add 3 tablespoons of salt. Spray solution liberally on copper pot. Let set for a while, then simply rub clean.*
127. *Dip lemon halves in salt and rub.*
128. *Or, rub with Worcestershire sauce or catsup. The tarnish will disappear.*
129. *Clean with toothpaste and rinse.*

Burnt and scorched pans
130. *Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.*
131. *Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, ½ cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.*

Cast-iron skillets
132. *Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.*

Can opener
133. *Loosen grime by brushing with an old toothbrush. To thoroughly clean blades, run a paper towel through the cutting process.*

Enamelware or casserole dishes
134. *Fill a dish that contains stuck food bits with boiling water and 2 tablespoons of baking soda. Let it stand and wash out.*

Dishes
135. *Save time and money by using the cheapest brand of dishwashing detergent available, but add a few tablespoons of vinegar to the dishwater. The vinegar will cut the grease and leave your dishes sparkling clean.*
136. *Before washing fine china and crystal, place a towel on the bottom of the sink to act as a cushion.*
137. *To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.*

Dishwasher
138. *Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.*

Clogged drains
139. *When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.*
140. *Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.*

Garbage disposal
141. *Grind a half lemon or orange rinds in the disposal to remove any unpleasant odor.*

Glassware
142. *Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.*
143. *Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.*

144. *When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.*

Grater

145. *For a fast and simple clean-up, rub salad oil on the grater before using.*

146. *Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing it.*

Meat grinder

147. *Before washing, run a piece of bread through it.*

Oven

148. *Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.*

149. *Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.*

150. *A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.*

151. *An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.*

Plastic cups, dishes and containers

152. *Coffee or tea stains can be scoured with baking soda.*

153. *Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.*

154. *To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.*

Refrigerator

155. *To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.*

156. *An open box of baking soda will absorb food odors for at least a month or two.*

157. *A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.*

158. *To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus.*

159. *Use a glycerine-soaked cloth to wipe sides and shelves. Future spills wipe up easily. And after the freezer has been defrosted, coat the inside coils with glycerine. The next time you defrost, the ice will loosen quickly and drop off in sheets.*

160. *Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.*

Sinks

161. *For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for ½ hour or so.*

162. *Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleanser.*

163. *Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.*

164. *Spots on stainless steel can also be removed with white vinegar.*

165. *Club soda will shine up stainless steel sinks in a jiffy.*

Sponges

166. *Wash in your dishwasher or soak overnight in salt water or baking soda added to water.*

Teakettle

167. *To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.*

Thermos bottle

168. *Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.*

Tin pie pans

169. *Remove rust by dipping a raw potato in cleaning powder and scouring.*

Fingerprints off the kitchen door and walls
170. *Take away fingerprints and grime with a solution of half water and half ammonia. Put it in a spray bottle from one of these expensive cleaning products, you'll never have to buy them again.*

Formica tops
171. *Polish them to a sparkle with club soda.*

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KEEPING FOODS FRESH AND FOOD STORAGE

Celery and lettuce
172. *Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.*

Onions
173. *Wrap individually in foil to keep them from becoming soft or sprouting.*
174. *Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.*

Cheese
175. *Wrap cheese in a vinegar-dampened cloth to keep it from drying out.*

Milk
176. *Milk at room temperature may spoil cold milk, so don't pour milk back into the carton.*

Brown sugar
177. *Wrap in a plastic bag and store in refrigerator in a coffee can with a snap-on lid.*

Cocoa
178. *Store cocoa in a glass jar in a dry and cool place.*

Cakes
179. *Putting half an apple in the cake box will keep cake moist.*

Ice cream
180. *Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.*

Lemons
181. *Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.*

Limes
182. *Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.*

Smoked meats
183. *Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.*

Strawberries
184. *Keep in a colander in the refrigerator. Wash just before serving.*

Soda crackers
185. *Wrap tightly and store in the refrigerator.*

Vegetables with tops
186. *Remove the tops on carrots, beets, etc. before storing.*

Bread
187. *A rib of celery in your bread bag will keep the bread fresh for a longer time.*

Cookies
188. *Place crushed tissue paper on the bottom of your cookie jar.*

Cottage cheese
189. *Store carton upside-down. It will keep twice as long.*

Garlic
190. *Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing.*
191. *Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic-flavored oil for salad dressing.*

Honey
192. *Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.*

Marshmallows
193. *They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.*

Olive oil
194. *You can lengthen the life of olive oil by adding a cube of sugar to the bottle.*

Parsley
195. *Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.*

Popcorn
196. *It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".*

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SUBSTITUTES

For bread crumbs
197. *Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.*

For butter
198. *Use 7/8 cup of solid shortening plus ½ teaspoon of salt.*

For fresh milk
199. *To substitute 1 cup of fresh milk, use ½ cup each of evaporated milk and water.*
200. *For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2½ teaspoons butter or margarine.*

For sugar
201. *Use brown sugar, although it will result in a slight molasses flavor.*

For superfine sugar
202. *Process regular granulated sugar in your blender.*

For red and green sweet pepper
203. *Use canned pimientos.*

For vanilla extract
204. *Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.*

For flour
205. *Use 1 tablespoon cornstarch instead of 2 tablespoons of flour. Or try using instant potatoes or cornmeal.*

For buttermilk
206. *Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.*

For catsup
207. *Use a cup of tomato sauce added to 1¼ cups of brown sugar, 2 tablespoons of vinegar, ¼ teaspoon of cinnamon and a dash of ground cloves and allspice.*

For unsweetened chocolate
208. *Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened cocoa to equal 1 square of unsweetened chocolate.*

For corn syrup
209. *Use ¼ cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.*

For eggs
210. *Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.*

For cake flour
211. *Use 7/8 cup of all-purpose flour for each cup of cake flour called for in a recipe.*

For fresh herbs and spices
212. *Use ⅓ the amount of dried herbs or spices. Dried herbs are more concentrated.*

For honey
213. *To substitute 1 cup of honey, use 1¼ cups of sugar and ¼ cup of water or other liquid called for in the recipe.*

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II. TO REMOVE STAINS FROM WASHABLES

Alcoholic beverages
214. *Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.*

Blood
215. *Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.*

Candle wax
216. *Use a dull knife to scrape off as much as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.*

Chewing gum
217. *Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.*

Chocolate and cocoa
218. *Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.*

Coffee
219. *Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.*

Crayon
220. *Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda. NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.*

Deodorants
221. *Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.*

Dye
222. *If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.*

Egg
223. *Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.*

Fruit and fruit juices
224. *Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.*

Grass
225. *Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.*

Grease, oil, tar
226. *Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.*
227. *Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.*

Ink—ball-point pen
228. *Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.*

Lipstick
229. *Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.*

Meat juices
230. *Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.*

Mildew
231. *Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric. NOTE: Mildew is very hard to remove; treat promptly.*

Milk, cream, ice cream
232. *Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.*

Nail polish
233. *Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.*

Paint

234. *Oil base: Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.*

235. *Water base: Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.*

Perspiration

236. *Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.*

Rust

237. *Soak in lemon juice and salt or axolic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used. CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.*

Scorch

238. *Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well. CAUTION: Severe scorching cannot be removed because of fabric damage.*

Soft drinks

239. *Sponge immediately with cold water and alcohol. Heat and detergent may set stain.*

Tea

240. *Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.*

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III. CARPETS AND FLOORS

Flattened shag carpets

241. *Raise flattened spots in your carpeting where heavy furniture has stood by using a steam iron. Hold the iron over the spot and build up a good steam. Then brush up the carpet.*

Candle drippings

242. *For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.*

Dog stains

243. *Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.*

Rug care

244. *When washing and drying foam-baked throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.*

Cleaning rugs

245. *If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.*

What to do with new carpet

246. *Wait about three months before attempting to clean your new carpet. It needs that amount of time to spring up and keep its normal nap.*

Spills on the rug

247. *When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.*

Liven up your carpet

248. *Give your carpet a new lease on life. Sprinkle some salt on it right before you vacuum. The rug will be much brighter when you have finished vacuuming.*

Ballpoint ink marks

249. *Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.*

Glue

250. *Glue can be loosened by saturating the spot with a cloth soaked in vinegar.*

Repairing braided rugs
251. *Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.*

Repairing a burn
252. *Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the baking of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and you will get the best results.*

Spot remover for outdoor carpeting
253. *Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.*

Blood on the rug
254. *When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.*

255. *Use silver polish to remove from vinyl tile or linoleum.*

Spilled nail polish
256. *Allow to almost dry, then peel off of waxed floors or tile.*

Tar spots
257. *Use paste wax to remove tar from floors. Works on shoes, too.*

Dusting floors
258. *Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.*

Varnished floors
259. *Use cold tea to clean woodwork and varnished floors.*

Spilled grease
260. *Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.*

Quick shine
261. *Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.*

Unmarred floors
262. *Put thick old socks over the legs of heavy furniture when moving across floors.*

Wood floor care
263. *Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.*

Floor polisher
264. *When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.*

Garage floors
265. *In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.*

Basement floors
266. *Sprinkle sand on oily spots, let it absorb the oil, and sweep up.*

Fix those loose linoleum edges
267. *Take a knife with some tile adhesive and work it under the loose part. Put a heavy weight, such as a big stack of books, over the whole area and keep it weighed down for the amount of time it says on the can of adhesive.*

Stop squeaking floors
268. *Just dust some talcum powder between the cracks and it should do the job. If you have really serious squeaking, it could be that you need to wedge in some slivers of wood to the underneath side.*

Heel marks
269. *Just take a pencil eraser and wipe them off.*

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IV. WINDOWS

Window cleaning
270. *Newspaper is much cheaper to use for drying freshly-washed windows then paper toweling.*

Drying windows
271. *Dry the inside panes with up-and-down strokes, and the outside with back-and-forth motions to see which side has smudges.*

Window cleaning solution
272. *The best mixture for cleaning windows is ½ cup of ammonia, 1 cup of white vinegar, and 2 tablespoons of cornstarch in a bucket of warm water.*

Cold weather window cleaning
273. *Add ½ cup of rubbing alcohol to the above mixture on cold days to prevent ice from forming on your windows.*

Clean window sills
274. *To remove spots on window sills, rub the surface with rubbing alcohol.*

Puttying windows
275. *Mix some putty to match the woodwork before puttying windows.*

Loosening window panes
276. *Dig through old putty with a very hot instrument to loosen a window pane.*

Aluminum window frames
277. *Use cream silver polish to clean aluminum window frames.*

Grease spots
278. *Any cola drink will remove grease spots from windows.*

Numbered windows
279. *When cleaning, painting or changing windows, number each with a ballpoint pen and put the corresponding number inside the proper window frame.*

Window shade tears
280. *Repair with colorless nail polish. This works wonders on small tears.*

Cleaning screens
281. *For a thorough job, brush on both sides with kerosene. Wipe with a clean cloth. This method will also prevent rust from forming. Be sure to dust the screens with a small paintbrush before you begin.*
282. *For small jobs, rub a brush-type hair roller lightly over the screen and see how easily it picks up all the lint and dust.*

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V. FURNITURE

Fantastic polish
283. *Use ⅓ cup each boiled linseed oil, turpentine and vinegar. Mix together and shake well. Apply with a soft cloth and wipe completely dry. Wipe again with another soft cloth. Do not try to boil your own linseed oil - it is not the same. Buy it at a hardware or paint store.*

To remove polish build-up
284. *Mix ½ cup vinegar and ½ cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.*

Polishing carved furniture
285. *Dip an old soft toothbrush into furniture polish and brush lightly.*

Cigarette burns
286. *For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.*
287. *Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.*
288. *Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of the wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.*

Scratches
289. *Make sure you always rub with the grain of the wood when repairing a scratch. Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.*
290. *Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.*
291. *Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.*
292. *Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.*

293. *Ebony: Use black shoe polish, black eyebrow pencil or black crayon.*

294. *Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.*

295. *Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.*

296. *For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.*

297. *For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.*

Removing paper that is stuck to a wood surface

298. *Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.*

299. *Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.*

Three solutions to remove white water rings and spots

300. *Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.*

301. *Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.*

302. *Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.*

Marble table-top stains

303. *Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.*

304. *Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.*

Removing candle wax from wooden finishes

305. *Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.*

Plastic table tops

306. You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

307. *Or, rub in toothpaste and buff.*

Glass table tops

308. *Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.*

309. *Toothpaste will remove small scratches from glass.*

Chrome cleaning

310. *For sparkling clean chrome without streaks, use a cloth dampened in ammonia.*

Removing glue

311. *Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.*

Wicker

312. *Wicker needs moisture, so use a humidifier in the winter.*

313. *To prevent drying out, apply lemon oil occasionally.*

314. *Never let wicker freeze. This will cause cracking and splitting.*

315. *Wash with a solution of warm salt water to keep from turning yellow.*

Metal furniture

316. *To remove rust, a good scrubbing with turpentine should accomplish this job.*

Vinyl upholstery

317. *Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.*

Leather upholstery

318. *Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.*

Grease stains

319. *Absorb grease on furniture by pouring salt on the spill immediately.*

Soiled upholstery

320. *Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).*

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VI. LAUNDRY

Spot removal

321. *Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.*

Clean machine
322. *Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.*

Too sudsy
323. *When your washer overflows with too many suds, sprinkle salt in the water - the suds will disappear.*

Final rinse
324. *Add a cup of white vinegar to the final rinse when washing clothes to make sure the alkalines in the soap are dissolved.*

Hand-washed sweaters
325. *Add a capful of hair cream rinse to the final rinse water when washing sweaters.*

Whiter fabric
326. *Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.*

Whitest socks
327. *Boil socks in water to which a lemon slice has been added.*

Clean work clothes
328. *To your wash water, add ½ cup of household ammonia.*

Freshen feather pillows
329. *Put feather pillows in the dryer and tumble, then air outside.*

Lintless corduroy
330. *While corduroy is still damp, brush with clothes brush to remove all lint.*

Ironing tip
331. *When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.*

Creaseless garments
332. *Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.*

Remove creases from hems
333. *Sponge material with a white vinegar solution and press flat to remove creases in hems.*

Bedroom ironing
334. *A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.*

Ironing board cover
335. *When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth.*
336. *Starch your ironing board cover. This helps the cover stay clean longer.*

Lint remover
337. *Add a yard of nylon netting to your dryer with the wet clothes - it will catch most of the lint.*

Washer advice
338. *Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.*

Soiled collars
339. *Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.*

Faster ironing
340. *Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through to the underside of the garment.*

Ironing embroidery
341. *Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.*

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VII. BATHROOM

Bathroom tile
342. *Rub ordinary car wax into your ceramic bathroom tiling to clean and refinish. Let it stand 10 minutes and buff or polish.*
343. *Use a typewriter eraser to clean spaces between bathroom tiles.*

Metal shower head
344. *To clean mineral deposits from a*

clogged shower head, boil it with half a cup of white vinegar and one quart of vinegar for awhile.

Plastic shower head
345. *Soak a plastic shower head in a hot vinegar and water mixture to unclog it.*

Shower curtains
346. *Before hanging shower curtains, soak them in a salt water solution to prevent mildew.*

347. *To remove mildew on shower curtains, wash them in hot soapy water, rub with lemon juice, and let them dry in the sun.*

Bathroom fixtures
348. *Dip a cloth in kerosene or rubbing alcohol to remove scum from your bathroom fixtures.*

Removing film and scum
349. *Use a piece of very fine steel wool to remove film from the shower stall.*

Porcelain cleaners
350. *Lighter fluid will remove most dark, stubborn stains from sink and bathtub.*

Yellowed bathtub
351. *Restore whiteness to a yellowed bathtub by rubbing with a salt and turpentine solution.*

Shower mat tip
352. *Dip a stiff brush in a kerosene and warm water solution to clean the bath mat.*

Rust stains
353. *Spread a paste of hydrogen peroxide and cream of tartar over the area, and add a few drops of ammonia. Let it stand for 2 or 3 hours.*

Rusty tile
354. *Rust stains on tile can be removed with kerosene.*

Cleaning shower doors
355. *Rub glass shower doors with a white vinegar-dampened sponge to remove soap residue.*

Steam-free mirror
356. *If your medicine cabinet has two sliding mirrors, slide one side open before taking a bath or shower. After the bath, you'll have one clean mirror instead of two that are steamed and foggy.*

Steamy bathrooms
357. *If you run about an inch of cold water before adding hot water to your bath, there will be absolutely no steam in your bathroom.*

Medicine cabinet
358. *It's a good idea to go through your medicine cabinet several times a year and throw away medicines that are old or outdated. They could be dangerous.*

Easy bathroom cleaning
359. *Clean your bathroom after a steamy bath or shower. The walls, fixtures, etc., will be much easier to clean because the steam will have loosened the dirt.*

Sink cleaners
360. *Light stains can often be removed by simply rubbing with a cut lemon.*
361. *For dark stains, and especially rust, rub with a paste of borax and lemon juice.*

Dripping faucet
362. *If the drip occurs during the night and you can't sleep, simply wrap a cloth around the opening of the faucet.*

Sweet-smelling bathroom
363. *Place a fabric softener sheet in the wastepaper basket. Or, add a touch of fragrance by dabbing your favorite perfume on a light bulb. When the light is on, the heat releases the aroma.*

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VIII. HANDYPERSON

Leaky vase
364. *Fix a leaky vase by coating the inside with paraffin and letting it harden.*

Plywood cutting
365. *Put a strip of masking tape at the point of plywood where you plan to begin sawing to keep it from splitting.*

Locating wall studs
366. *Move a pocket compass along the wall. When the needle moves, usually the stud will be located at that point. Studs are usually located 16" apart.*

Fraying rope
367. *Shellac the ends of the rope to prevent fraying.*

Fraying nylon cord
368. *Heat the cut end of nylon cord over a match flame to bond the end together.*

Loosening rusty bolts
369. *Apply a cloth soaked in any carbonated soda to loosen rusted bolts.*

Sandpaper hint
370. *By dampening the backing on sandpaper, it will last longer and resist cracking.*

Tight screws
371. *Loosen a screw by putting a couple of drops of peroxide on it and letting it soak in.*

Screwdriver tip
372. *Keep a screwdriver tip from slipping by putting chalk on the blade.*

Loosening joints
373. *Loosen old glue by applying vinegar from an oil can to the joint.*

Rule to remember
374. *Left is loose and right is tight.*

Sticking drawers
375. *Rub the runners of drawers with a candle or a bar of soap so they will slide easily.*

Stubborn locks
376. *Dip key into machine oil or graphite to loosen up a lock.*

Loose draw knobs
377. *Before inserting a screw into the knob, coat with fingernail polish to hold it tightly.*

Slamming doors
378. *Reduce the noise level in your home by putting self-sticking protective pads on the inside edges of cabinet doors, cupboards, etc.*

Icy sidewalk tip
379. *Sprinkle sand through a strainer on an icy sidewalk to distribute evenly.*

Garbage can tip
380. *Garbage cans will last longer if they are painted. Use primer on galvanized metal, then paint with matching house paint.*

Towel rack tip
381. *Replace the bottom screws of towel racks with cup hooks. Small towels and washcloths may be hung from them.*

Screen repair
382. *Use clear cement glue to repair a small hole in wire screening.*

Hairdryer hint
383. *Thaw a frozen pipe with a portable hairdryer.*

Finding a gas leak
384. *Lather the pipes with soapy water. The escaping gas will cause the soapy water to bubble, revealing the damaged areas. You can make a temporary plug by moistening a cake of soap and pressing it over the spot. When the soap hardens, it will effectively close the leak until the gasman comes.*

Hanging pictures
385. *Before you drive nails into the wall, mark the spot with an X of cellophane tape. This trick will keep the plaster from cracking when you start hammering.*
386. *When the landlady says, "no nails in the wall", hang pictures with sewing machine needles. They will hold up to 30 pounds.*

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IX. BEAUTY

Natural facial
387. *A good and inexpensive facial to try: mash half an avocado, spread thickly on face, and remove with warm water 20 minutes later.*

Cuticle treatment
388. *Apply a mixture of equal parts of castor oil and white iodine to your cuticles every night.*

Sunburn relief
389. *A wonderful relief for sunburn pain is the application of mint-flavored milk of magnesia to the skin.*
390. *Dab on some apple cider vinegar. The pinkness and pain will disappear.*
391. *For a super bad burn, put on a paste of water and baking soda.*

Hair shiner
392. *These hair rinses will remove soap film and shine hair: For blondes, rinse water containing a few tablespoons of lemon juice. For brunettes and redheads, a few tablespoons of apple cider vinegar in the rinse water.*

Broken lipstick
393. *Hold a match under the broken ends until they melt enough to adhere to each other. Cool in the refrigerator.*

Nail polish
394. *Don't throw away that gummy nail polish. Place the bottle in boiling water to bring it back to its original consistency.*
395. *Instead of storing the nail polish bottle right-side-up, put it on its side. Stir it up with the brush when you need some.*
396. *Before you put on polish, put vinegar on your nails. It will clean them completely and help nail polish stick longer.*

Deodorant
397. *To make your own pump-spray deodorant, just add 4 tablespoons of alum to 1 quart of water. Mix it up and put into a spray bottle. If you want a scent, add your favorite cologne.*

Your own manicure
398. *Soak your hands in warm water with lemon juice added. Take them out after about 8 minutes. Rub some lemon peel over the nails while you gently push back the cuticle. Then buff with a soft cloth.*

Baking soda for teeth
399. *Baking soda instead of toothpaste does as good a job. It also works on dentures.*

Cleaning combs and brushes
400. *A solution of baking soda and hot water cleans hair brushes and combs.*

Hair conditioner
401. *Mayonnaise gives dry hair a good conditioning. Apply ½ cup mayonnaise to dry, unwashed hair. Cover with plastic bag and wait for 15 minutes. Rinse a few times before shampooing thoroughly.*

Homemade dry shampoo
402. *Mix together 1 tablespoon salt and ½ cup cornmeal for your own homemade dry shampoo. Transfer to a larger-holed shaker, sprinkle it on oily hair lightly and brush out dirt and grime.*
403. *Baby powder or cornstarch can also be used as dry shampoos.*

Tired eyes
404. *Place fresh cold cucumber slices on your eyelids to rid them of redness and puffiness.*

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X. SEWING.

Threading needles
405. *Apply some hair spray to your finger and to the end of the thread, stiffening it enough to be easily threaded.*

Sharp machine needles
406. *Sharpen sewing machine needles by stitching through sandpaper.*

Buttons
407. *Coat the center of buttons with clear nail polish and they'll stay on longer.*
408. *On a four-hole button, sew through two holes at a time, knotting the thread and tying off for each set of holes.*

409. *Use dental floss or elastic thread to sew buttons on children's clothing. The buttons will take a lot of wear before falling off.*

Dropped needles and pins
410. *Instead of groping around your floor for fallen needles and pins, keep a magnet in your sewing kit. Simply sweep it across your rug to pick up those strays.*

Sewing machine oil
411. *Stitch through a blotter after oiling your sewing machine to prevent extra oil from damaging your garments.*

Patterns
412. *Instead of trying to fit used patterns back into their envelopes, store them in plastic bags.*
413. *Keep patterns from tearing and wrinkle-free by spraying with spray starch.*

Recycled elastic
414. *Remove elastic waistband from used pantyhose for use in other sewing projects.*

Heavy seams
415. *Rub seams with a bar of soap to allow a sewing machine needle to easily pass through.*

Sewing on nylon
416. *When repairing seams on nylon jackets or lingerie, make the job a lot simpler by placing a piece of paper underneath the section you are going to sew. Stitch through the fabric and paper. When finished, tear the paper off.*

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Regards,

Sara Lynne

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